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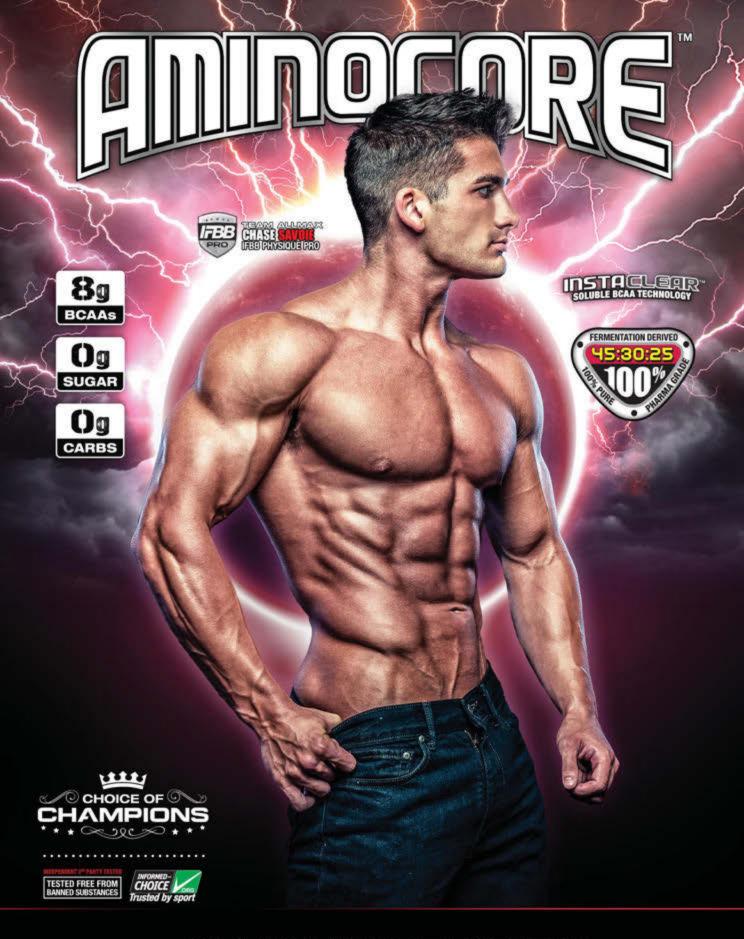








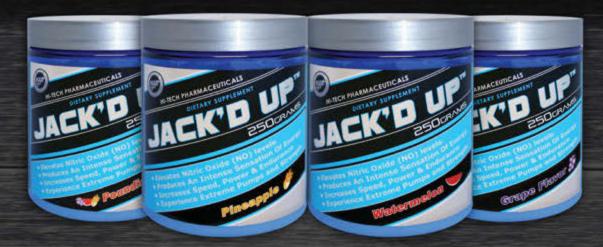




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MAY 2015

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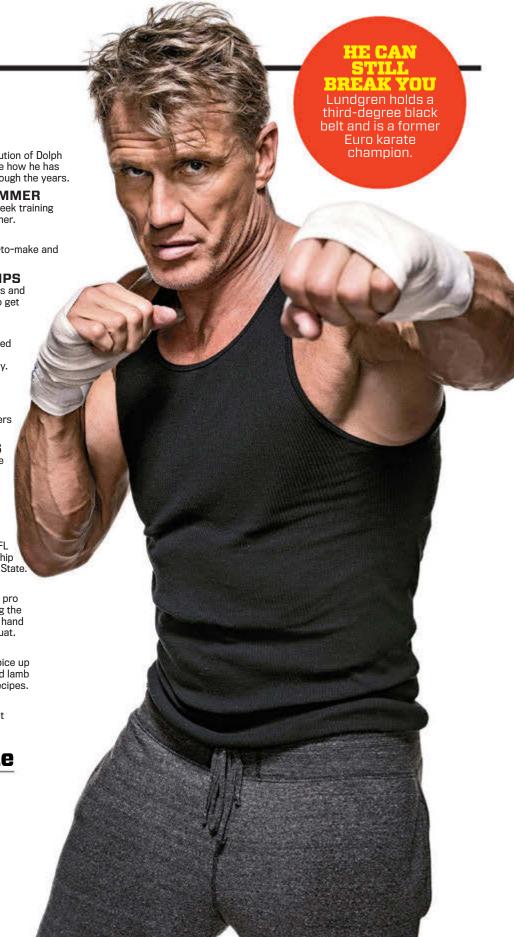
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ON THE COVER & THIS PAGE:

Dolph Lundgren Photographs by Per Bernal





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WHAT YOU NEED TO KNOW THIS MONTH

WATCH

MAD MAX: FURY ROAD

Whenever a classic is rebooted, it's good to be skeptical, but **TOM HARDY** seems a perfect choice to lead the charge in a post-apocalyptic war for gasoline. **DUT MAY 15.**





HEALTH

DRY HEAT

A recent Finnish study that followed 2,315 men over 20 years found that those who visited a dry sauna every week had less chance of dying due to heart issues.



PLAY

MORTAL KOMBAT X

Debuting more than 20 years after the original, Mortal Kombat X keeps the franchise on top of the fighting genre with slick, fast-paced gameplay and a bevy of gruesome disemboweling fatalities. Long live the king. **\$60**, multiplatform

CLOCKWISE FROM TOP: EDGAR ARTIGA: JASIN BOLAND/WARNER BROS. PICTURES: COURTESY OF WARNER BROS. INTERACTIVE ENTERTAINMENT; KEN GILLESPIE PHOTOGRAPHY/ALAMY



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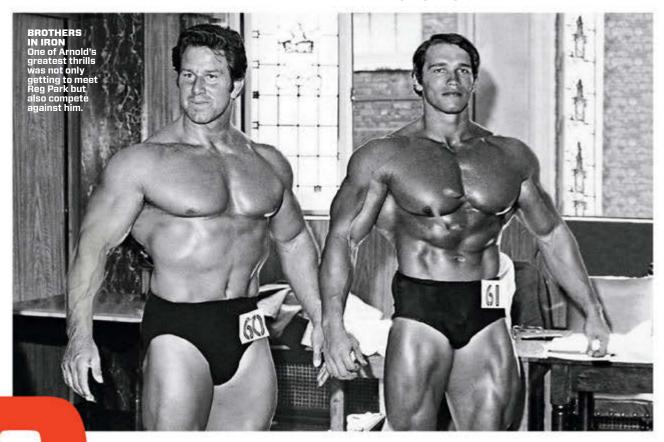






Find Your Hero

Choose a role model to emulate in both physique and character.





I don't know who to trust for training these days. Who should I learn from?

—ELI F., VIA FACEBOOK

great resources for fitness information, including this magazine, but I understand what you mean. With so many voices, which do you listen to? That's why I believe finding a role model is the best way to get on the right path and stay there.

Reg Park was mine. A dominant bodybuilding champion in the 1950s, he had the massive. Herculean look I wanted for myself, so I trained the way Reg did. He had also made the transition to movie star and businessman. In the end, by studying how he accomplished his goals, I found the blueprint for my own success.

Select a role model who looks the way you want to look but shares some genetic similarities. If you're naturally very thin, don't choose someone like Franco Columbu to emulate when Frank Zane's approach

would probably suit you better. This way, your role model provides the inspiration and practical know-how to achieve fitness goals that are attainable for you as an individual.

But beyond what a role model can do for your body, consider how he will inspire your mind and spirit. Apart from his other accomplishments, Reg Park was a great humanitarian. He made me want to be more than just rich and famous, but to give back to the world, which is my main mission now. He's still my hero, and always will be.

Yours in Iron,

Anold Shoreusge &

Arnold Schwarzenegger



FROM THE EDITOR

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lron Giant

DOLPH LUNDGREN'S

influence on gym culture is one that has stood the test of time.

I'M HAVING DIFFICULTY

processing the fact that it's been 30 years since I saw Rocky IV in the theater. That means it's been 30 years since I first watched Rocky Balboa put an end to the Cold War with a one-two combination of fisticuffs and hammy dialogue, more than four years before the actual fall of the Berlin Wall. It also means that it's been 30 years since I was floored by the incredible physique of überman Ivan Drago, menacingly portrayed by Dolph Lundgren.

By the mid-1980s, Sylvester Stallone found himself a victim of his own success. In *Rocky I, II*, and *III*, he had perfectly cast Carl Weathers and Mr. T as seemingly invincible foes, with Rocky's hurdles growing ever higher in each successive film. In *Rocky III*, Mr. T's Clubber Lang was as intimidating a character as moviegoers had seen since Darth Vader, so much so that most of us probably would have put our money on Clubber over Lord Vader, assuming lightsabers were

barred from the brawl.

The dilemma for Sly when scripting Rocky IV was to conceive a challenger even more terrifying than the wholly terrifying Clubber Lang. A giant Soviet was his answer—a chemically enhanced megaman as cold and impenetrable as the Iron Curtain itself. But who on earth could play this Slavic superman? Who could possibly make the challenge posed by the ferocious Clubber Lang seem like an invitation to a tea party?

The answer is this month's cover star—a guy whose physique was so astonishing in *Rocky IV* and later in *Masters of the Universe* that he would inspire countless thousands to take to the weights, psyching themselves up with a mantra of "I must break you" before each set. At least that was one of my own personal psyche-up techniques.

Who can forget the physique Dolph displayed in *Rocky IV*? He reminded me of an outsized Steve Reeves, from his doorway-wide shoulders tapering to a trim waist, to his expansive pecs and leg-size arms. I remember thinking at the time that he could have held his own in a bodybuilding competition, and at 6'5" he surely would've towered over everyone else onstage. Plus, unlike the actors in the *Rocky* films before his, Dolph had real-life competitive fighting experience, as a black belt in Kyokushin karate.

Fast-forward 30 years, and
Dolph Lundgren still has an inspiring
physique, if not his Rocky IV flat top,
and a system of training that keeps him
looking good and feeling even better.
It's been 28 years since we've featured
Dolph on our cover (the last time was
for Masters of the Universe), and I
couldn't be happier to have him
representing Muscle & Fitness once
again. And for an inside look at our
shoot with Dolph, check out our
exclusive video at muscleandfitness
.com/dolph.



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FROM THE CHAIRMAN

Ageless Muscle

Our covers prove that iron is a worthy adversary for time.

AS AN ASTUTE Muscle & Fitness reader, you no doubt have noticed a common theme in our cover subjects in recent years. From Arnold Schwarzenegger and Frank Zane to Bruce Lee, Dwavne Johnson, and Vince McMahon, we present men who are as ageless as they are timeless icons in the world of fitness. With our 75-year legacy, we feel it's vitally important to uphold M&F's rock-solid legacy as we simultaneously forge ahead into the ever-expanding fitness universe. This is why I am extremely pleased to present to you a man whose lifelong dedication to being fit continues to inspire countless enthusiasts today, just as he did when he first came into the public eye 30 years ago: Dolph Lundgren.

Who can forget Dolph's electric portrayal of the ferocious Ivan Drago in Rocky IV, all chiseled muscle and steely countenance? While the Drago character may have been fictional, Dolph's muscles were certainly real, and he got them by practicing the very principles we espouse in M&F. In fact, so closely tied is Dolph to our magazine that this is actually his fourth cover appearance (1986, 1987, and 1991 being his previous three). It's a testament to his commitment to fitness-both weights and martial arts training-that he could look good enough for our cover at 57.

But as we've shown time and again, serious training and good nutrition are the keys to staying ageless. At 63, I know of what I speak, and I can assure you that if you follow the principles laid out each month within the pages of M&F, you, too, will retain strength, vitality, and exceptional health for your entire life.



Sincerely,

David J. Pecker Chairman, President and Chief Executive Officer of American Media Inc.



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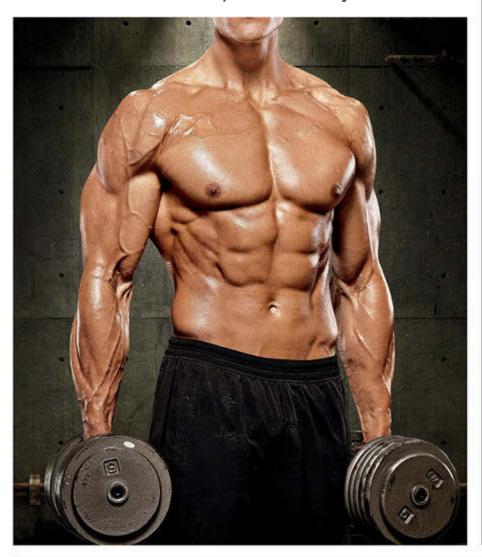
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AFTER WORKING ABROAD FOR MOST OF THE PAST THREE DECADES, '80s **ACTION ICON DOLPH LUNDGREN IS** BACK IN HOLLYWOOD. AT 57, HE PLANS TO STAY A WHILE THIS TIME.

PHOTOGRAPHS BY PER BERNAL

E COULDN'T STAY IVAN DRAGO forever. The flat-top was bound to go out of style, the Rocky franchise had reached its peak, and besides, he wasn't even Russian. But here's the biggest reason why Dolph Lundgren (who's from Sweden, by the way) had to move on from Drago: because men get older.

Rocky IV hit theaters 30 years ago, in 1985. Hard to believe, right? Lundgren is 57 now, and naturally, he looks different than he did then. The resemblance is there, of course, since he's still tall and blond and handsome, but he's not carrying quite as much muscle, and his skin has weathered a bit.

The most interesting part? Dolph Lundgren is actually better now. Because real men change, mature, evolve, adapt. Their value isn't tethered to youth. Lundgren was in Europe for the better part of the '90s and 2000s-out of sight, out of mind to American moviegoers—but he never stopped working, and he never stopped training.

"Comparing myself now to then, I would say I'm a little more skilled now," Lundgren says. "I'm more proficient in martial arts. Because at that point [training for Rocky IV] I'd given all that up, because I just wanted to learn how to box for the movie, and I wanted to lift weights. I try to keep the martial arts skill because, one, I use it in my movies, and, two, it makes me feel good to be able to walk into a dojo in Sweden, Australia, or America, wherever I am, and not



seem like a chump."

"Whatever happened to Dolph Lundgren?" was probably asked thousands of times in America following *Rocky IV* and his role as He-Man in 1987's *Masters of the Universe*. What happened was, he went on to have a successful career as a movie star, with more than 60 total acting roles on his résumé as well as a handful of producing, di-

recting, and writing credits. It's just that most of this occurred outside the United States. For a good while, he was one of the busiest action stars you never heard anything about, at least not in this country.

That all changed about five years ago after he landed a role in the action-star-loaded cast of *The Expendables* and moved back to America. Since then, he's appeared

in both *Expendables* sequels as well as several other U.S.-based productions, including *Universal Solider: Day of Reckoning* with Jean-Claude Van Damme and even a one-off appearance earlier this year on the comedy TV series *Workaholics.* His latest film, *Skin Trade*, which he produced, cowrote, and starred in, is scheduled for release May 8.



A FIT LIFE—PLAYED OUT ON FILM



ROCKY IV (1985)

Lundgren's turn as the Russian killing machine Ivan Drago in *Rocky IV* made him an instant household name. He was a character you loved to hate, but who ultimately had a human side people could identify with—and a physique that every guy wanted.



MASTERS OF THE UNIVERSE (1987)

In the era of the reboot, it's safe to say we'll probably see another He-Man movie. To date, however, Lundgren is the only man to step into the iconic role. It's also safe to say that if *Thor* had been made in the '80s, Lundgren would've had that role, too.



SHOWDOWN IN LITTLE TOKYO (1991)

Co-starring the late Brandon Lee, this buddy-cop flick saw Lundgren on the trail of the Yakuza in Los Angeles. It also gave a chance for both men to show off their legitimate martial arts chops in action sequences that hold up today.



UNIVERSAL SOLDIER (1992)

The original featured three *M&F* cover guys: Lundgren, Jean-Claude Van Damme, and Ralf Moeller, all of whom played casualties of war, resurrected as perfect soldiers who declare war on one another. To date, there have been six films in the series.



THE EXPENDABLES (2010)

When Sylvester Stallone brought Lundgren on board for his '80s-action throwback, it marked the rebirth of Lundgren's work in American cinema. Lundgren returned for *The Expendables 2* and *3* and moved from Sweden back to the States.

So is it fair to say that Dolph Lundgren has made an American comeback?

"Yeah, that's fair," he says. "I was in Europe focusing on my kids. I wasn't focusing on the business. You have to be in America to do well in show business, especially with the types of movies I do, preferably in Hollywood. There's a certain energy in the States, and that's the reason I wanted to come here as a kid when I was only 14 or

15. The last five years, I've slowly worked my way back into the business and into the popular culture here, and it feels good. Europe is a great place, but somehow in America if you put in the hard work, you know it's going to pay off, whereas in other places it's not so certain."

Much of the hard work Lundgren refers to happens in the gym. He was very active as a child growing up in Sweden, playing SST



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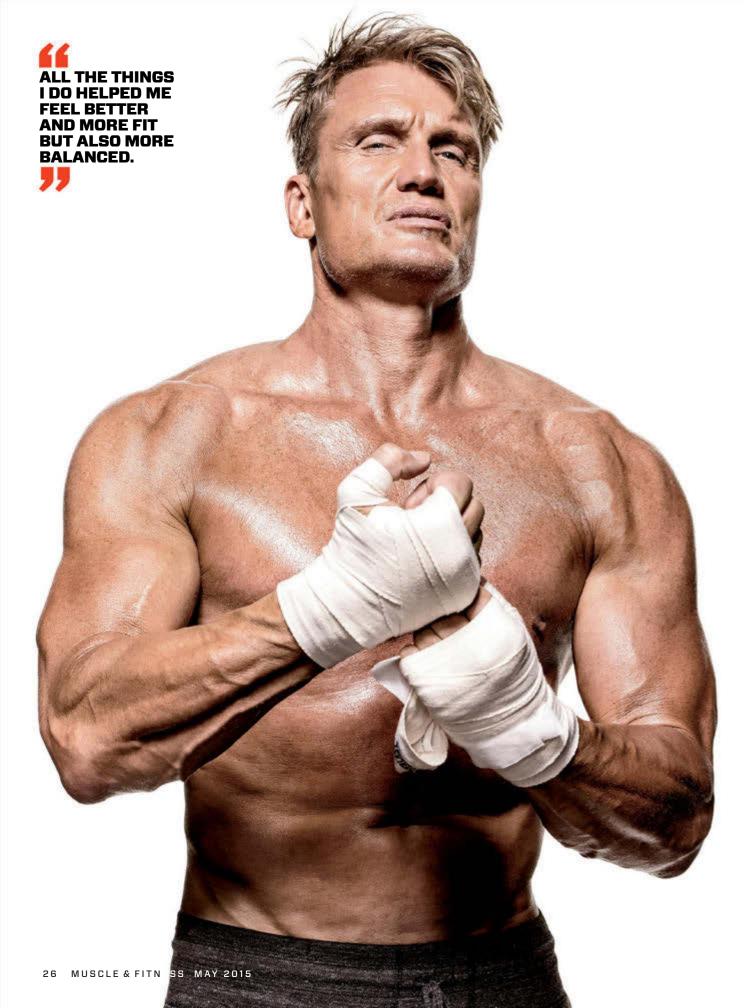
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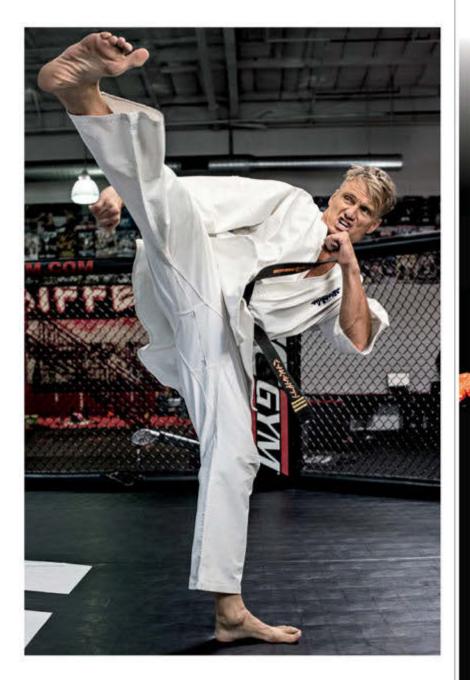
MULTI-PHASE BEAD PRE-WORKOUT

ice hockey and starting karate at a young age. (He earned a third-degree black belt as an adult in 1998.) After moving to America for college on academic scholarships and eventually pursuing an acting career, he got more serious about lifting weights. He trained with Sylvester Stallone for *Rocky IV* and even worked out for a time in the

'80s with Lou Ferrigno at Santa

Monica Body Building Center in California.

His workouts have changed since then, but not all that much. At 6'4", he never had the build to lift prodigious weight; he says he never went above 300 pounds or so on the squat or deadlift, even in his younger years. But his training has become more diverse, more fluid than structured.



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"I'm more conscious of injuries now than I was when I was 27, so I do more rehab work, more balance work, and more work on the smaller muscles like the rotator cuffs and hip flexors. But I do try to keep some heavy lifting in my routine.

"For being 30 years older, the only difference is I have to take care of myself a little more when I'm not training. In those days you could go out and have 10 tequila shots, stay up all night, and then go to the gym in the morning. If I did that now," he says with a laugh, "I'd be struggling."

He typically trains four or five days a week, implementing a variety of training styles and modalities. For example: He does traditional weight training with the squat, bench press, deadlift, and having breakfast. But if I have a new workout coming up, it's exciting for me. If I have the same workout for four weeks, and I've done that, it just becomes something like self-punishment. I meditate every morning, and that really helps. It's like they say: Life becomes a glide instead of an effort. It's true. Life becomes easier. You don't hold on to things as much."

Lundgren's training may not always be regimented, but he stays consistent with it. Always has. This has obviously helped him land roles throughout the years, most of which have required him to be in shape and proficient at fighting, but Lundgren also credits his active lifestyle—not just the meditation—for improving his mental state.

"All the things I do in my train-



military press—and curls—a couple of days a week; he also mixes in more "functional" training by using a Bosu ball and incorporating strongman lifts, particularly heavy sandbag carries (see page 31); and he keeps up with his martial arts skill training and hits a heavy bag for conditioning. When he doesn't feel like lifting in the gym, he loads up a backpack with extra weight and goes for a long hike; he swims when an Olympic-size pool is available to him, such as when staving at a nice hotel; he stretches regularly to maintain flexibility for his martial arts; and he also meditates daily.

"I get bored with too structured of a workout," Lundgren says. "I think there's a benefit to having a regimented schedule, like getting up at the same time every morning ing have helped me feel better and more fit but also more balanced," he says. "And I think it's helped me deal with a pretty tough business without getting lost in it. It's paid dividends for me even in just the last year or two. When I moved back to L.A. and did the first Expendables, I started to put more of an emphasis on my training and meditation and focusing a little more on my career. But it takes a while for things to develop. You have to do the roles, and then the movies have to be edited and put out there, and people have to see them. So there's, like, a two-year or more delay before it gets out there in the ether. I'm feeling good about it now, and people are catching up to it a little more. It gives me a grounded feeling."

At 57, Lundgren is by no means







the old man of Hollywood. Stallone is 68, Schwarzenegger, 67. Lundgren looks forward to having many productive years left in him as an actor, writer, producer, and director. He cites Morgan Freeman and Clint Eastwood as two other Hollywood stars doing some of their best work in middle age and beyond, and he hopes to fall into that category. But as much as he looks

to a bright future, he can't help but look back at himself 30 years ago as Ivan Drago, the role that launched a career still going strong through stints in Europe, Asia, America, and places in between.

When asked what he sees when he looks at the 30-year-old photos of himself in *Rocky IV*, Lundgren says, "In painting they used to call it 'the artist as a young man'—

the artist always paints himself younger than he is. There's a magic kind of energy there when I see pictures of myself as Drago. I see the innocence in my eyes. It's like a boyishness that's wonderful and beautiful, but I had to go through so much to get to where I am today. I wouldn't want to do it again, so it's a bittersweet experience. It's like in meditation: You have to accept the impermanence of existence. Nothing is permanent. Everything blossoms and dies. So I think two things: I feel happy for having had the opportunity to be in the business and being in shape, and I'm glad I'm in shape now. I'm trying to squeeze as much out of it as I can. I want to keep acting and producing and directing and being fit...and being thankful that I'm still around."

Train Like Dolph

The two workouts below, provided by Dolph Lundgren, represent his current resistance-training routine for developing functional strength and power and optimizing recovery.

WORKOUT 1

OLD-SCHOOL STRONG-MAN WORKOUT

EXERCISE	REPS
1A Heavy	20 yards
Sandbag Carry	(140 lb bag)
1B Bosu Sandbag Chest Press	15
2A Light Sandbag Clean and Jerk	12 (80 lb bag)
2B Light	20 yards (80
Sandbag Over-	lb bag; switch
the- Shoulder	shoulders after
Carry	10 yards)
3A Sandbag	16 reps
Toss Over	per side
Shoulder	(80 lb bag)
3B Plank with	15
Leg Curl	per leg

Perform each pair of exercises as a superset. Complete three to four sets each.

WORKOUT 2

RECOVERY CIRCUIT

EXERCISE	REPS
1A Bear Crawl into Side Plank	8 per side
1B Pushup into Lunge Stretch	10 per side
1C Medicine Ball X's	20
1D Bosu Band Flye	10 reps each direction
1E Bosu Dumbbell Clean and Jerk	12

Complete one set of each exercise, resting 30 seconds between exercises. Rest 90 seconds, then repeat for three total rounds. Finish the workout with three to five rounds of bag/mitt work. For exercise descriptions, go to muscleandfitness.com/dolph.













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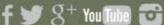














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SPORTS

NFL safety Dashon Goldson turns to MMA to up his game, p38.

ASK THE DOC

Diagnose—and treat hip pain today, p40.

GEAR

Upgrade your kitchen with five key gear picks, p44.

RETRO

Bodybuilding in the Olympics? In 1998, we thought so, p50.





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- ...works out with Bruiser, her French bulldog.
- ...teaches a bikini boot camp.
- ...enjoys anyplace warm—Cancún is her go-to destination.
- ...holds a degree in fashion merchandising.
- ...feels sexiest in a T-shirt, underwear, and no makeup.
- ...can't go a weekend without a cheeseburger and fries.
- ...thrives on helping her clients work hard, achieve their fitness goals, and find their "why."
- ...finds it creepy when guys just stand and stare at her while she's training.
- ...says "Killin' it" (a lot).
- ...receives fan requests for her used socks and underwear.

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"Scheett et al. Consuming branched-chain amino acid or whey protein in combination with hypocaloric det differentially effects muscle mass, body fat and strength in trained subjects. Manuscript in Process.

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Fighting Back

NFL safety **DASHON GOLDSON** is turning the page on injury with MMA training.

BY MARK BARROSO

NFL FREE SAFETY AND TWO-TIME

Pro Bowler Dashon Goldson is fighting to stay on top-literally. Goldson, known for having a tractor beam on ball carriers and delivering bone-jarring hits when they're in reach, is entering his ninth year in the league. In light of that, he's moved beyond conventional training.

"I do a lot of agility and explosive moves-and MMA twice a week with [MMA trainer] Jay Glazer," says Goldson. While traditional weight training still has a place in his routine, barbells don't. Goldson prefers the freedom of movement that dumbbells offer. "They're easier to work with." he says. "You can do a lot more with them than with a barbell."

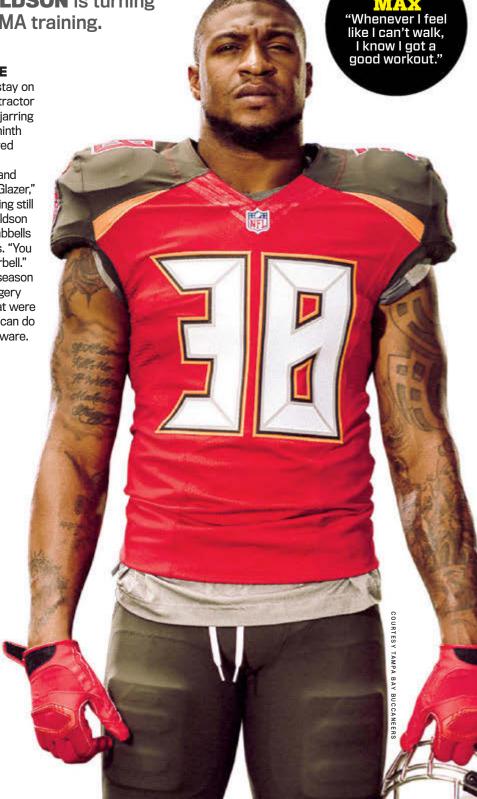
Goldson admits that he wasn't 100% last season but said he will be soon. "Coming off of surgery [for his ankle last May], I had little things that were bothering me," he says. "Once I'm healthy, I can do anything I want." And then: Ball carriers, beware.

DASHON GOLDSON'S MMA WORKOUT

Designed by Jay Glazer of Unbreakable Performance Center in L.A.

EXERCISE	DURATION	ROUNDS
Brazilian Jiu-Jitsu Hip Warmup ¹	7 min.	1
Pummeling ²	3 min.	2
Hand Fighting ³	6 min.	1
Band-resisted Double-leg Takedown ⁴	10 reps	2
Boxing/Striking ⁵	3 min.	4
"30, 30, 30" ⁶	8 min.	1

- 1 Grappling/submission drills.
- 2 The Greco-Roman wrestling drill.
- 3 Hammer fist: Punch downward to clear partner's blocking forearms.
- 4 The band is wrapped around the waist.
- 5 The strikes mimic on-field movements.
- 6 Do each move (punches, kicks, sprawls) for 30 seconds with zero rest.





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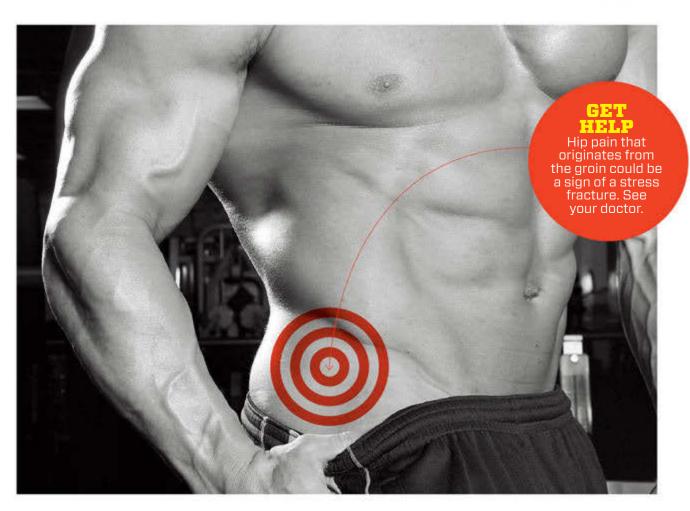


EDGE ASK THE DOCTOR

ABOUT THE DOCTOR

Victor R. Prisk, M.D., is a boardcertified orthopedic surgeon, NCAA All-American gymnast, and GNC medical advisory board member.





Heal Your Hips

Hip pain can be debilitating to your workouts. Identify the kind you suffer from and fix it.

BY VICTOR PRISK, M.D.

DIAGNOSING HIP PAIN

begins with determining its origin. Patients tend to say they have pain originating from either the groin, the buttocks, or the side of their hip.

Pain in the groin is the most ominous: when it's associated with hip motion and weight-bearing activities, it often points to a problem in the joint itself or a stress fracture. Patients may refer to pain in the buttock region as "hip" pain. Very

often, though, the source of this pain is the lower back. Impingement of nerves in the lumbar spine can cause referred pain in the buttock. Pain on the side of the hip, however, is very common in runners and those doing a lot of side-kicking movement, and inflammation of the hip abductors could be to blame. In any of these cases, see a physical therapist. Simple anti-inflammatories may do the trick.

On your own, you can get some relief by massaging and stretching. Start by using a foam roller on your quads, anterior hip, and glutes. Then, lying on your back, put your leg in a figure four with the ankle over the opposite knee and use your knee to lift your ankle toward your chest. (This stretches the piriformis muscle in the hip.) Next, lunge forward with your hips square and your back knee on the floor. Open up the hip of the back leg to stretch your hip flexor. Finally, stand, cross your legs with knees straight, and push the hip of your back leg out while lightly bending the front knee to stretch the IT band.









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EDGE EXTREME FITNESS



Warrior Mode

The reality competition show *American Ninja Warrior* has yet to crown a grand champion, but this unlikely power couple aims to change all that. BY MARK BARROSO

SEVEN SEASONS IN, and still no grand-prize winner. That's how mind-bogglingly difficult American Ninja Warrior is. Based on the wild Japanese competition show Sasuke, ANW runs its participants through diabolical gantlets of obstacles, with the final course proving so difficult that no one has ever finished. But an American couple has its sights set on history this year. Competitors Brent Steffensen and Kacy Catanzaro, who happen to be boyfriend and girlfriend, have pushed the ANW boundaries: Steffensen is the first

American to conquer the Ultimate Cliffhanger (in which competitors must traverse ledges with their fingertips), and Catanzaro is the first woman to reach the finals. Their quest for history has them training virtually nonstop.

"We do obstacle training, rock climbing, free running, and parkour," Steffensen says. "Our goal is to get to the top of the mountain."

And with every fall along the way, he says they've grown only hungrier. "Failing obstacles drives you to train harder and come back for more."

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Kitchen Upgrades

Take food prep to the next level with these five essential pieces of gear.

BY MARK BARROSO



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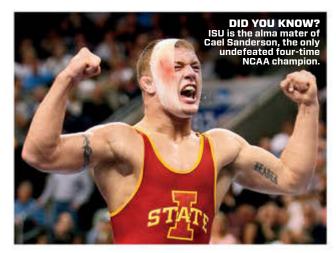












Grappling with Glory

For the Iowa State Cyclones, wrestling isn't just a sport. It's a legacy.

IOWA STATE University has its rich history of agriculture to thank for having one of the college scene's cleanest diets. A nearby farm, AG450, is the nation's only student-managed farm at a land-grant college. Farmer or not, student dining options are sourced from 35 local farms.

On the fitness front, ISU has a plethora of sports facilities: two climbing walls, more than 20 basketball courts, and a variety of outdoor sports equipment from kayaks to bicycles. But at ISU, one activity is truly king: wrestling.

"The culture of wrestling in lowa is very intense," says Josh Beauregard, assistant

strength and conditioning coach for Olympic sports. "You have these kids who start wrestling at 4 years old and stay with it."

ISU's wrestling program became the first to reach 1,000 dual wins in 2010, and it has won eight NCAA national championships.

To cement their own legacy, today's ISU wrestlers practice four days a week and lift three to five days a week in one of the school's three weight rooms.

"By training most of the whole body three days a week, we're facilitating the motor learning that takes place in the wrestling room," says Beauregard. "We're efficient. We get big results, but without all the flash."





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Weight for It

JUSTIN GRINNELL tried every training discipline under the sun and learned what it takes to win at all of them: patience. AS TOLD TO MATT TUTHILL

I HAVE A COUPLE of college guys who train at my gym, and they read the magazines. They work hard, but they lose patience. They don't understand that for the people they might see in *M&F* or some of the other publications, it took time to build their muscle. It takes time to take off fat. They don't understand that if you do a six- or eight-week program, sure, you'll be better off-on the right track-but real fitness never ends.

Another thing guys don't take into account is what else is going on in their lives. If you're stressed out from a job or a bad relationship, and you're not sleeping or you're skipping meals, all of that adds up and will hurt you.

I trained my butt off and did every single fitness event you could think of, from bodybuilding to Olympic lifting to powerlifting. I learned a lot from each discipline. I still think that I'm a bodybuilder at heart forever, because it taught me discipline and consistency to realize a goal. It also had carryover to

my career and to my school. I wasn't staying up at night partying with my buddies. I owe a lot to bodybuilding.

I tried everything. I did CrossFit competitions. I even ran half marathons. I thought that if I was going to write or talk about something, then I'd better have gone through it. But nothing was as hard as bodybuilding.

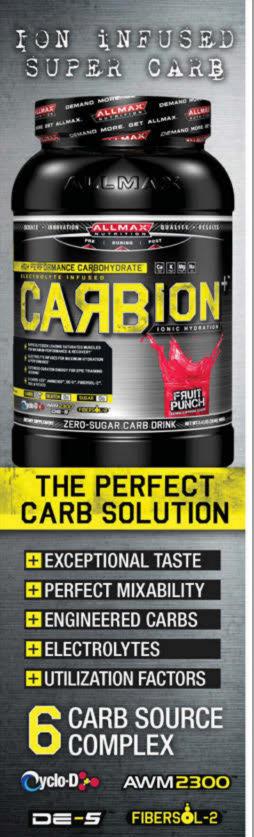
With guys, I fight the more-is-better mentality, and I can't stand it. I've got college kids who want to come in and do 30 sets of arms. Over time, those are the same guys who develop muscle imbalances and have mobility issues. Meanwhile, those compound lifts they're avoiding would help even more, because that's what releases more testosterone and growth hormone.

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Mission Not Accomplished

Bodybuilding in the Olympics? Joe Weider once offered premature congratulations, BY MATT TUTHILL

SUFFICE IT TO SAY this wasn't Joe Weider's finest moment. Just as George W. Bush infamously stood before a banner that read "Mission Accomplished" in May 2003-at the start of a seemingly endless war-Weider jumped the gun in May 1998 with a cover line that read "International Olympic Committee Recognizes Bodybuilding." Is it unfair to compare a years-long conflict to a misstep in the footnotes of bodybuilding history? Yes-and easy, too! In fact, there were more than surface similarities at play. The Bush

administration would later backtrack and say that the banner was meant only for the sailors on the aircraft carrier whose mission was technically accomplished. By the same token, Weider's editorial explains that being recognized by the IOC does not, in fact, guarantee that bodybuilding would become a medal sport: it merely paved the way. Nevertheless, the headline for that column was "We Did It!"

To break down what happened: The IOC, after 52 years of petitioning from brother Ben Weider, finally capitulated and said, "Fine. Bodybuilding is a sport." A sport that's still not in the Olympics. We understand our founder's eagerness to celebrate, and we're forever grateful for all he did for bodybuilding, but after all these years of exclusion, all we'd ask the IOC is, "Who needs you?" The Olympia means more to the staff of this magazine and most of its readers than the Olympics



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3-550 By CITRULLINE HALATE 2:3
1-147 By HYDROHAX**

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30 SERVINGS

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WORLD-RENOWNED MUSCLE PHYSIOLOGISTS ARE RIGHT! The effect of increased pressure within the muscle during intense resistance training creates signals that tell the muscle to GROW! The forces of biomechanical pressure and metabolic stress brought about by intense resistance training helps to increase cell volume triggering hypertrophy.

These very processes within the body have been targeted directly in the revolutionary formula H:VOL. Never-before seen, patented ingredients headline this massive leap forward in supplementation technology.

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HEMANOVOL is Fortified with:

Nitrosigine*

The absolute latest in the realm of truly novel science-based ingredients. 4x increase in blood-Arginine levels and a massive 5x increase in blood flow.

Hydr**éMax**

Designed for extreme performance, HydroMax¹⁸ features glycerol-induced Hyperhydration. This state has been show to dramatically enhance blood volume, resulting in massive pumps and greater muscle fullness.

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A patented extract that has been shown to not only increase Nitric Oxide levels, but also increases muscular contractile strength.

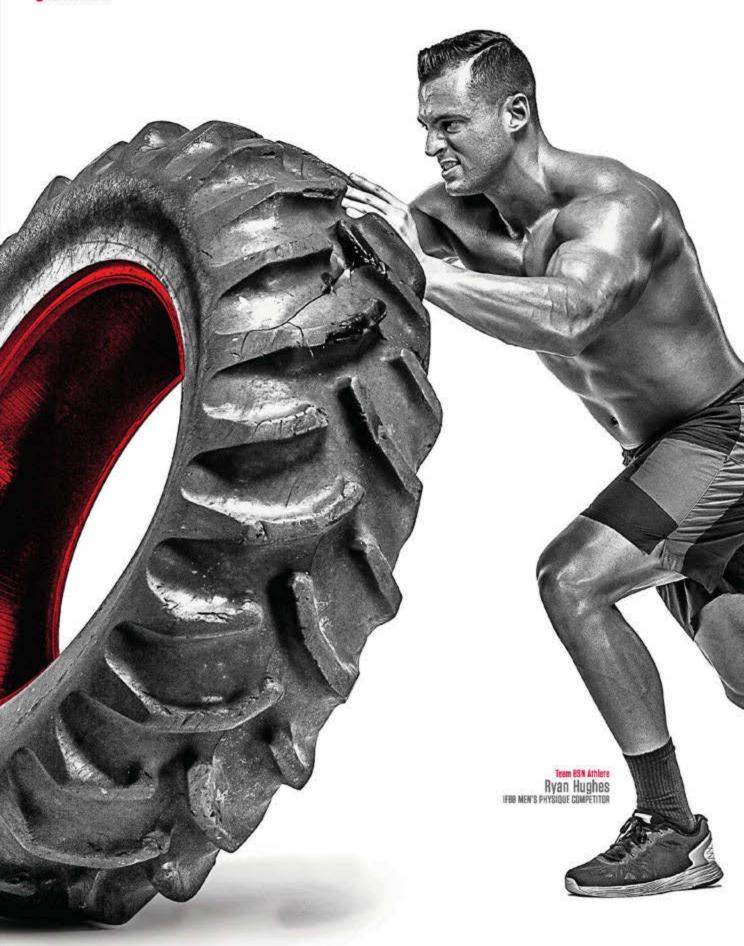






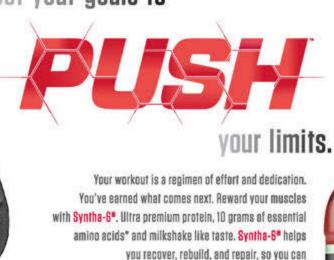


VEN!





Set your goals to



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HARDCORE

Grab a tire from a junkyard and you've got gym equipment, p60.

ABS AND CORE

How the 90-degree back extension builds an iron core, p62.

BORN FIT

Rethink the classic lifts to make them work for you, p64.

CROSSFIT

Use the overhead squat to build muscle everywhere, p70.



in his quest for ultimate aesthetics. BY MARK BARROSO

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HAVING AN AWESOME

physique doesn't always begin with natural athletic ability. If you've ever thought, "I don't have good enough genetics," consider this: IFBB physique pro Sadik Hadzovic says, "I didn't have an athletic bone in my body. I was a nerd." It's hard to believe that today. Hadzovic is the first-ever Arnold Classic Physique winner and quickly becoming the face of the division.

It's fitting, then, that his show prep bucks convention.

"Leading into a show, I like lifting heavy while keeping the rep range low," Hadzovic says. "That gives my muscles the hard, dense look that's so highly sought after by judges."

Hadzovic always presents an incredible V-taper and slim (size 28) waist. And although such aesthetics take dietary discipline, Hadzovic attributes his onstage success to letting loose the proverbial yo-yo. "I never underestimate the importance of cheat meals," he says. "Often, competitors diet so strictly that their metabolism actually slows."

As for what's next, Hadzovic's preparation for the 2015 Mr. Olympia Men's Physique Showdown will start 12 weeks out. Hadzovic's first Olympia win would be another step on the ladder toward physique greatness. "My motivation comes from a deep desire to be the all-time best!"

ADIK'S BACK

Below is an example of one of Hadzovic's typical back workouts.

EXERCISE	SETS	REPS	REST
Wide-grip Lat Pulldown	4	12	45 sec.
Standing Cable Pullover	4	10	45 sec.
Dumbbell Row	4	8	1 min.
Chest- supported Barbell Row	5	10	1 min.
Close-grip Seated Row	3	15	45 sec.
Machine- assisted Pullup	1	Failure	e –

ENHANCING TESTOSTERONE LEVELS



Maximize your natural muscle building engine, while driving down the impediments that hinder muscle development!

TIP THE SCALE IN YOUR FAVOR

You're training hard, eating right and starting to see that muscle definition you've been working hard to achieve. Yet still, it seems as though there's a missing piece to the puzzle. What is it that's keeping you from taking your physique to that next level? You want to be different... better than the rest. You want to shed that last layer of unwanted fat and water that's obscuring those razor sharp abs and deep muscle cuts. This level of conditioning isn't easy, and it is reserved for the elite few that want it badly enough. So you ask yourself - what does it take to really push your body past its limits? What will really take your physique above and beyond where you thought it could go? The answer, and that missing piece may be this: testosterone.

Testosterone allows you to build muscle and burn body fat more effectively. On the flip side, the more body fat you have, the lower your testosterone levels may be. You might already be aware that there are certain steps you can take to up your t-levels naturally (such as lifting weights, eating "good" fats, getting adequate amounts of sleep, avoiding simple sugars, etc), but sometimes that's just not enough to give you that extra edge over the competition.

Your body is a machine and testosterone is the engine. Your efforts in the gym become more redundant if the engine isn't functioning properly. That's where giving your t-levels a boost can really maximize your body's potential and help you achieve that lean, hard and dry look that most bodybuilders desire.

There is a void in the market for a supplement that could help support testosterone levels while simultaneously minimizing estrogen levels for maximum strength, power, and muscle growth. Out of this need is where A-HD™ was born. The first edition of A-HD™ was unimaginably powerful, but BPI wanted to take it past that. Enter the second generation of testosterone support, A-HD ELITE™.

A-HD ELITE™ represents the most significant testosterone supporting product in recent history. Its estrogenic

modulating characteristics are more pronounced now than ever before. Think of it like a scale that you want tipped in your favor; you want to promote testosterone levels and minimize estrogen levels to get you on your way to achieving that shredded physique that you've been after. We did this by taking the best testosterone booster -A-HD™ - and incorporating the newest scientific findings with cutting-edge, researched ingredients. This powerful testosterone support supplement helps put your body in an optimal state for muscle growth, body fat levels, and strength gains like the pros experience.*†

BUILD MUSCLE LIKE A PRO.

James J. Co-Founder of BPI Sports

"A-HD Elite™ is an extremely powerful, double strength, Testosterone Supporting Agent with potential Estrogen Modulating characteristics. A-HD Elite™ is designed to promote a leaner, harder, more muscular physique when used with proper diet and exercise program."



Testosterone is a hormone naturally produced in the body that is responsible for changes in characteristics such as:

- o Muscle Mass
- Fat Distribution
- Strength
- o Libido

*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THESE PRODUCTS ARE NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.

OUICK

You can use the trap bar for deadlifts, shrugs, bentover rows, and farmer's walks.



Trap Gains

Traditional Romanian deadlifts with a straight bar keep the load in front of your body, which can stress your lower back. Using a trap bar hits your glutes and hamstrings harder while saving your back. BY BEN BRUNO

TRAP-BAR DEADLIFT

The trap bar allows more range of motion at the hips—but you can go heavier than with dumbbells.

GRAB THE HANDLES of a loaded trap bar and stand up straight.

BEND YOUR HIPS to lower your torso. Bend your knees slightly and keep your lower back arched. Stop when you feel a stretch in your hamstrings. Then return to the start.













Flip Out

Some of the world's best cardio equipment is sitting in your local junkyard. BY ROB ORLANDO

LESS THAN A DECADE AGO,

you weren't likely to see anyone flipping a tire outside of a World's Strongest Man contest. Todav it seems like every gym has a few tires out back-and that's a good thing. Flipping tires is a cheap, scalable way to build strength and increase aerobic capacity. Best of all, you can learn the move quickly. There is no "one size fits all" approach, but follow the points below and you'll be equipped with a technique that will serve you well for small tires and monstertruck tires alike.

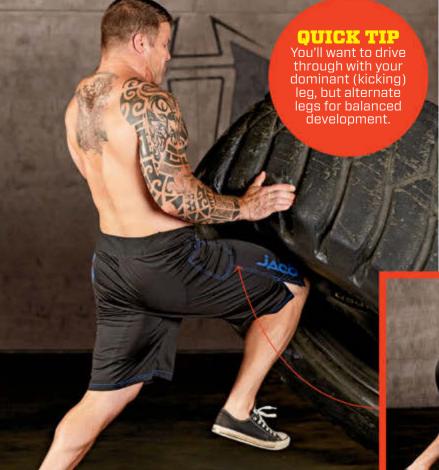
TIRE-FLIP TECHNIQUE

- Place your feet slightly wider than your hips, about 12 inches back from the tire.
- Squat down and press your chest and shoulders hard into the sidewall of the tire.
- With a slight bend in your elbows, slide your fingers under to grab the bottom of the tire.
- Extend your hips and keep your elbows fixed. Keep your shoulders pressed into the tire.
- As your hips extend, shuffle one foot forward. This loads the opposite hip for a kick.
- Violently kick your knee through the tire to complete the flip.

CHALLENGE WORKOUT

10 rounds for time:

EXERCISE	REPS	WEIGHT
Bench Press	3	60% of your 1RM
◀Tire Flip	3	3 × your body weight



ALL-NEW ADVANCEMENT IN CREATINE

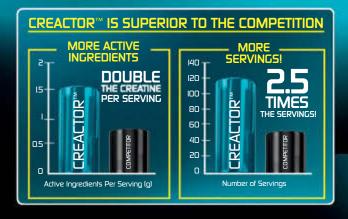


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All-new Creactor™ from MuscleTech® is a powerful creatine formula that delivers a never-before-seen ratio of creatine molecules for massive gains in size and strength and improved recovery. Unlike the other guys, Creactor™ delivers a I:I ratio of 100% ultra-pure, lab-tested creatine HCl plus free-acid creatine – the purest form of creatine, free of acids and salts. Plus, there's zero bloating, and you don't need to load or cycle off. For advanced results, get Creactor™ today.

- Backed by 2 clinical studies
- Quality guarantee 100% pure lab-tested, HPLC-certified creatine
- Fully disclosed label no proprietary blends





1:1 RATIO OF CREATINE

Features a potent combination of 750mg of free-acid creatine and 750mg of creatine HCl

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HIGHEST

Contains zero fillers, carbs, sugar or fat

20% MORE MUSCLE CREATINE

Research from The University of Nottingham that was published in the Journal of Applied Physiology has shown that 3g of creatine per day can boost muscle creatine concentration by 20% in 28 days

120 SERVINGS

More than double the servings of the competition



Hold Steady

You've done the 45-degree back extension. Crank the angle up to 90 to test your core strength and work vour lower back harder.

BY SEAN HYSON, C.S.C.S.

O-DEGREE EXTENSION

Ninety-degree back extensions done for reps are a challenging exercise for all your squatting and deadlifting muscles. Holding them for time, however, is a great measure of core strength endurance. If you can't make it at least 60 seconds, practice backextension holds first thing in your workouts until you can. You'll reduce your risk for back pain and see stronger, sharper abs.

CLIMB ONTO A glute-ham bench and secure your feet. Make sure the pad is about midway down your thighs so that you have room to move at the hips.

SQUEEZE YOUR GLUTES and extend your hips to raise your body until it's parallel to the floor. Hold as long as you can. Don't arch your back or look up.

INTRODUCING MICELLAR WHEY:

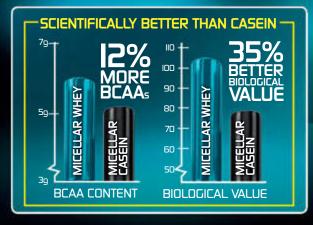
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55% BETTER CASEIN

THE POWER OF 100% WHEY AT THE SPEED OF CASEIN

For years, athletes have trusted micellar casein as a slowrelease protein that delivers a sustained release of amino acids for hours. The shortcoming with casein is that it has a lower bioavailability and lower amino acid content than other, higher quality proteins, such as whey.

But now, there's a new, breakthrough protein called micellar whey that uses unique whey protein molecules with double the molecular weight of regular whey molecules, giving it slow-release properties that last for 6 hours. And since it's a whey protein, micellar whey features a 35% better biological value than casein, which is a form of measuring protein quality, plus significantly more leucine and BCAAs. Casein is a protein of the past – micellar whey delivers the ultrasuperior benefits of whey at the speed of casein!





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Ultra-pure, patented micellar whey in every scoop

104 BIOLOGICAL VALUE

35% higher biological value (BV) than casein's BV of 77 for enhanced protein absorption based on scientific literature published in the *Journal of Sports Science & Medicine*

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Based on third-party pre-clinical, in-vitro testing, the unique protein molecule in micellar whey delivers a slow amino acid release

5.8c

Delivers a higher BCAA content than casein, including 2.7g of highly anabolic leucine to stimulate higher protein synthesis

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Delivers a fully disclosed formula so you know exactly what you are paying for





ASK ADAM Want your question answered by Adam Bornstein? Tweet @Bornfitness and @muscle fitness with the hashtag #bornfit.



Use Your Genes

Work with your body, not against it, to achieve your goals.

BY ADAM BORNSTEIN

GOOD TRAINING plans always have presses, squats, deadlifts, rows, and pullups. But choosing the best variants of these lifts depends on who you are and how your body is suited to them. In other words, the best bench press for you may not be a conventional bench at all. Let your genetics determine your lifts for faster gains and fewer injuries. See our advice, starting with the squat below, and the other lifts at the bottom right.

CHOOSE YOUR WEAPON SAFE, STRONG EG TRAINING

BARBELL **BACK SQUAT**

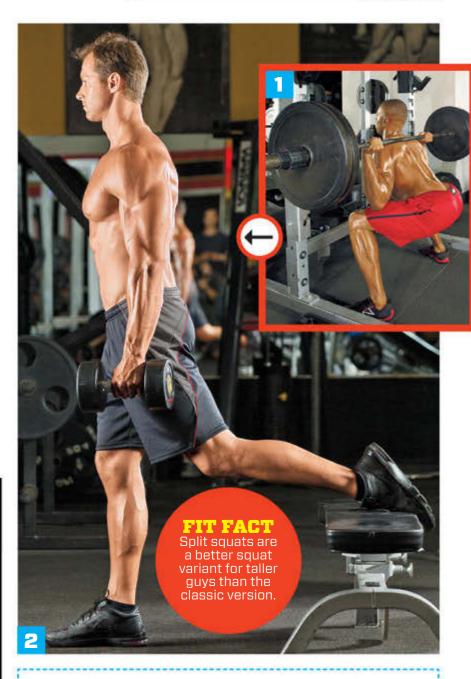
- **YOUR BODY TYPE:** Tall.
- THE FIX: The king of exercises is also the king of lower-back pain for tall guys. But performing basically the same movement pattern without loading the spine directly will yield the same tree-trunk thighs without pain. Try the following:

BULGARIAN SPLIT SQUAT

Studies have shown that split squats offer greater range of motion than conventional squats and greater activation of the rectus femoris.

DUMBBELL STEPUP

Stepups work the quads and your balance, making them a great core exercise that doesn't require much weight for good results.



RETHINK THE CLASSIC LIFTS

BARBELL BENCH PRESS

YOUR BODY TYPE: Long arms, fragile shoulders.

THE FIX: Long-limbed and lean guys have poor leverage for benching. Substitute floor presses, which minimize the distance the bar travels. Neutral-grip incline dumbbell presses and pushups are other good options.

- YOUR BODY TYPE: Short arms, poor ankle and hamstring flexibility.
- THE FIX: A combination of short arms, long legs, and/or poor flexibility can cause you to round vour lower back. To keep your spine safe, pull sumo (feet out wide) or place the bar on a rack 8 inches from the floor.

ROWS AND PULLUPS

- YOUR BODY TYPE: Small mitts.
- THE FIX: If you can't hold the bar securely, vou'll never be able to transfer maximum force to it. Use straps as needed to make sure your grip doesn't fail. At the same time, use farmer's walks to target your grip.

PAVEL YTHJALL; JAMES FARRELL

NEW, SUPERIOR, CLINICALLY DOSED PRE-WORKOUT

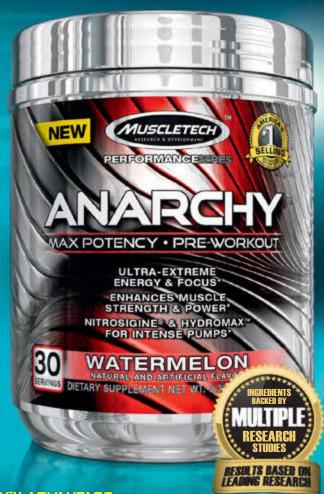


REVOLUTIONIZED INTENSE PUMPS ND SUPERIOR PERFORMANCE

MuscleTech® researchers have reinvented the pre-workout category. To force an intense muscle pump, Anarchy™ features patented Nitrosigine® and HydroMax™ glycerol. It also features a one-of-a-kind combination of unique ingredients like *Rhodiola*, choline, theanine and more that's been perfected through countless sensory tests. Anarchy™ is also formulated with patented CarnoSyn® for enhanced muscle, strength and power.

- The only pre-workout that delivers HydroMaxTM, Nitrosigine®, CarnoSyn® and more
- Ingredients backed by multiple research studies
- Fully disclosed label

Just check out our fully disclosed label to see for yourself why Anarchy™ is the only pre-workout that delivers unmatched performance, unlike obsolete formulas that underdose their ingredients. And because it's from MuscleTech®, the trusted brand backed by 20 years of excellence, you know it's a best-in-class formula that delivers results. Get it today.



PLASMA ARGININE LEVELS PLASMA ARGININE LEVELS ** CHANGE P<0.05

Nitrosigine® has been clinically shown to boost blood arginine levels in test subjects within just I hour of their first dose.

THE ANARCHY™ ADVANTAGE

	ANARCHY™	COMPETITOR I	COMPETITOR 2	COMPETITOR 3
Nitrosigine®	I.5g	Zero	Zero	Zero
HydroMax™	lg	Zero	Zero	Zero
L-theanine	I50mg	Zero	Zero	Zero
Choline bitartrate	200mg	Zero	Zero	Undisclosed Amount
Rhodiola	IOOmg	Zero	Zero	Zero
Beta-alanine	3.29	39	Zero	29

Amounts displayed in chart are based on a full dose.

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1,000 MG HYDROMAX™

HydroMax™ Glycerol is IO times more concentrated than the competitor's glycerol monostearate.

1,500 MC

Nitrosigine® is a novel form of arginine and silicon that's been clinically shown to increase nitric oxide levels in research conducted at a human performance lab at a prestigious research center in Miami.









PATENTED CARNOSYN®

2 scoops of Anarchy™ deilivers 3.200mg of patented CarnoSyn® beta-alanine. This is more than the competition. It has also been shown to accelerate musclebuilding in a study published in the Journal of Strength and Conditioning Research.



Walk Hard

Hand walkouts put a unique twist on the traditional plank and form the backbone of this metabolism-igniting workout you can do anywhere.

WHAT IT IS

A 20-minute total-body workout by L.A.-based celebrity trainer Andy McDermott. You complete four exercises as a circuit nonstop for 20 minutes: hand walkouts, pullups, walking lunges, and a stair run. If you start to fail at pullups as the rounds go on, you can substitute with bandassisted pullups or lat pulldowns. Stair running can be substituted with an incline treadmill run.

WHY IT WORKS

"This workout uses one upperbody exercise, one lower-body exercise, and is bookended by a total-body move and cardio," McDermott says. "You're demanding that all of your body's energy and muscular systems work together." If you hit a wall, McDermott says to get a quick drink, take a few deep breaths, and soldier on. In reality, 20 minutes isn't a long time to do anything.

THE WORKOUT

Set a timer for 20 minutes. Perform the following exercises as a circuit, taking as little time as possible hetween sets

EXERCISE	REPS
▲ Hand Walkout	2
Pullup	10
Walking Lunge	20
Stair Run	60 sec.

DIRECTIONS FOR HAND WALKOUTS

Reach down, touch the floor. then walk your hands out until you are in a plank position.

With arms outstretched, hold the end position for five seconds before returning to the start.

VANILLA BIRTHDAY CAKE FLAVOR

20TH ANNIVERSARY FLAVOR

To celebrate 20 years of excellence in sports nutrition research and development, MuscleTech® is unveiling a limited-edition Vanilla Birthday Cake flavor of NITRO-TECH® – the premier choice of elite athletes for over 15 years. NITRO-TECH® has led the way in protein supplementation with a superior lean musclebuilding formula that has stood the test of time. It's scientifically engineered to deliver:

- 70% more lean muscle than regular whey with a researched combination of key ingredients
- Bigger gains in muscle strength & enhanced performance
- An ultra-clean, fully disclosed formula
- Best-in-class taste flavored by experts in one of the world's top flavoring houses

Get the superior formula that's engineered to power elite performance – get NITRO-TECH®.

70% BETTER THAN WHEY



Leading university research published in the *International Journal of Sport Nutrition and Exercise Metabolism* showed that subjects using the core formula in NITRO-TECH® gained 8.8 lbs. of lean muscle in six weeks compared to subjects who used regular whey and gained just 5.1 lbs.

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MUSCLETECH EDITION PERFORMANCESER SI. FRANCIS XAVIER BNIVERSITY WHEY ISOLATE+ LEAN MUSCLEBUILDER WHEY ISOLATE & PEPTIDES PRIMARY SOURCE **BUILDS 70% MORE** LEAN MUSCLE THAN REGULAR WHEY AMPLIFIES RECOVERY. PERFORMANCE & STRENGTH* CELEBRATING ANILLA BIRTHDAY CAK DIETARY SUPPLEMENT NET WT. 2 00 (bs. (907)

30c PROTEIN

Features a whey isolate protein and peptide blend to deliver a premium protein source with the highest bioavailability and more musclebuilding potential.

CREATINE

Subjects taking this exact dose of creatine with whey protein put on 70% more lean muscle than subjects using whey alone (8.8 lbs. vs. 5.1 lbs.) in research conducted at 5t. Francis Xavier University and published in the International Journal of Sport Nutrition and Exercise Metabolism.

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EXCELLENCE

Delivers 6.9g of branched chain amino acids, including isoleucine, valine and 3.2g of ultra-anabolic leucine.

5.3c GLUTAMINE & PRECURSORS

Delivers glutamine and its precursor to support recovery after hard training.

1C SUGAR

This ultra-clean formula delivers just Ig of sugar, and because it uses Multi-Phase Filtration Technology, you get less fat, lactose and fewer impurities, with 4g of carbs and only 2.5g of fat.





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LET US HELP

Submit your workout for review at muscleandfitness.com/ratemyworkout.

PERFORMANO

QUICK

Pair pressing exercises with pulling moves to ensure balanced development.

Fred O. from Reseda, CA, sent us his shoulder workout to review. Here's how we fixed it. BY SEAN HYSON, C.S.C.S.

FRED'S OLD WORKOUT

EXERCISE	SETS	REPS
Military Press	5	15, 12, 10, 8, 6
Dumbbell Press	3	10
Lateral Raise	3	12
Rear-delt Raise	3	15
Front Raise	3	15

M&F RATING: 🗉

OUR ADVICE

Since your goal is maximum pressing strength, train LOWER REPS SO YOU CAN PRACTICE WITH **HEAVIER WEIGHTS AND FORGE BETTER TECHNIQUE.** Add some pulling exercises as well and alternate them with your shoulder lifts.

FRED'S NEW WORKOUT

EXERCISE	SETS	REPS
▲ Military Press	5	5
ALTERNATE THE TWO EXER	CISES	
Neutral-grip Chinup	5	8-12
Dumbbell Press	3	10
ALTERNATE THE TWO EXER	CISES	
Straight-arm Pulldown	3	12
Lateral Raise	3	15
ALTERNATE THE TWO EXER	CISES	
Band Pull-apart	3	15

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Superior concentrations of extremely powerful ingredients to help you reach a new level of muscular development*

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TRAIN CROSSFIT CORNER

NATE FORSTER is a CrossFit Games competitor and the owner of Reebok CrossFit 5th Avenue. rhinocofitness.com

OVERCHARGE

The overhead squat fortifies every weak link for a bigger and stronger body.

BY NATE FORSTER



THE PEOPLE WHO say squatting is bad for your knees are usually the same ones screaming about how overhead squatting is bad for your back. It's only "bad" if you want your lower back to remain weak and unstable and you prefer the rounded shoulders that every desk jockey on the planet has. All the overhead squat does is expose weakness-and provide the very training stimulus

you need to correct that weakness. You already know that overhead pressing works the shoulders and, secondarily, the core. With a wide grip and heavy weight, the overhead squat works the shoulders and core-as well as the lats, rhomboids, spinal erectors, and, of course, legs.

Follow the step-by-step guide to the overhead squat at right, then try one of the WODs.

THE OVERHEAD SQUAT NATE'S ADVICE

THE MOVE

Grab a loaded barbell with a wide grip and press it overhead.

"Shrug" your shoulder girdle upward and lock out your elbows to steady the bar in place with your head pushed slightly forward.

Engage your abs and lats to keep perfect tension in your upper body.

Descend into a low squat, leading with your hips. Your arms will want to bend during the descent, but keep them locked out. Engage your glutes and hamstrings to return to the start.

WOD NO. 1

EXERCISE	REPS
Overhead	10 x 10 min.
Squat	EMOM*

WOD NO. 2

EXERCISE	REPS
Overhead Squat and Chest-to-bar Pullup	21, 15, 9

*Every minute, on the minute.

GET PUMPED. GO HARD.



CAFFEINE -L-ARGININE - CITRULLINE MALATE OgSUGAR

The popular pre-workout formula that helps you turn up the intensity on your workouts, NOS Pumped, just launched an exciting new flavor - delicious Strawberry Lemonade!*





SHOP











GNC has the top products you need.



Your fitness essentials, all in one place.





15-MINUTE FEAST

Salmon done right in 15 minutes flat, p76.

BY ADAM GONZALEZ

1 FOOD, 5 WAYS

Five easy and delicious ways to make sweet potatoes better, p82.



HERE'S WHAT YOU NEED TO KNOW







ATHLETES AND BODYBUILDERS

are increasingly relying on plant protein for well-rounded nutrition. There are many protein supps available that are derived from plant sources, and while it's a good idea to include these, you still need whole-food plants to boost protein and healthy-fat intake. In fact, several recent studies support the health benefits of consuming pistachios and other nuts. Here's a rundown on what the science says.

PISTACHIOS CAN HELP YOU STAY ON YOUR DIET.

A 2011 study in Appetite resulted in what is now dubbed the "pistachio principle," which showed that snackers who left discarded shells in front of them all day may have benefited from the visual cue: They reduced calorie consumption by 18% over those whose shells were taken awav.

PISTACHIOS AND **ALMONDS MAY IMPROVE GUT HEALTH.**

Preliminary research in 2014 suggests regularly eating pistachios or almonds may effect the composition of gut microbiota. In a small 16-person study in the British Journal of Nutrition, the researchers observed that people who ate 3 oz of pistachios (about two

servings) or 3 oz of almonds per day showed an increase in the number of potentially beneficial butyrate-producing bacteria. Preliminary research suggests that butyrate may be a preferred energy source for colonic epithelial cells and may play a role in gut health in humans.

INCREASED CONSUMPTION **OF NUTS MAY SUPPORT** SATIETY.

No matter the reason vou're trying to cut body fat-for health, a bodybuilding show, a photo shoot, or just to look better naked-regular consumption of pistachios and other tree nuts may be a smart snack for your waistline. Pistachios and other nuts contain healthy fats along with protein and fiber, which may help keep vou satisfied longer.

DAD UP Increase the consumption of nuts, including pistachios, almonds, Brazils, cashews, hazel, pecans, and pine. They're a good source of nutrients to include with your breakfast or midday or bedtime snack. Add one to two

ounces of nuts twice a day, for a healthy, satiating snack, better for you than foods like pasta and bread.



ALL-NEW

BESIN CLASS PROTEINS



Introducing the all-new Essential Series line of proteins from the top team of researchers behind MuscleTech®. Essential Series proteins deliver best-in-class, fully disclosed formulas based on leading research: Measure any Essential Series protein against what you're currently taking, and you'll quickly realize why MuscleTech® has been on the culting edge of sports nutrition supplement research for 20 years. Make the switch today!





- Cold-processed microfiltration
- Award-winning flavors
- 100% of protein comes from real protein sources

ISO-ZERO

Platinum Iso-Zero uses only the highest grade 97% purity whey protein isolate to deliver a higher protein concentration per gram than inferior protein sources in an ultra-premium product with zero fat, carbs, sugar or lactose.

WHEY

In clinical research from St. Francis Xavier University, test subjects taking the key ingredient in Platinum IOO% Whey built 5.1 lbs. of lean muscle and added 14 lbs. to their bench press.

ISO-WHEY

With a filtration process that reduces lactose, ash and fat, Platinum IOO% Iso-Whey delivers bioactive protein fractions with the highest biological value (IO4 BV) to deliver a premium protein source with more musclebuilding potential.

CASEIN

Leading university research from France showed that subjects consuming the same dose of premium casein found in Platinum IOO% Casein experienced a 34% decrease in total body protein breakdown after 7 hours.

BEEF PROTEIN

Platinum IOO% Beef Protein features the highest quality 98% isolate protein that's 390% more concentrated than steak, and is free of fat, sugar, cholesterol and lactose.









HOW IT WORKS Oil adds moisture to fish, lemon cuts its fishy flavor, and garlic improves its aroma.



You don't eat enough fish because you don't know how to make it taste good. The solution is threefold: oil, garlic, and lemon. With just these ingredients, you can make any fish dish flavorful-and ab-friendly. Exhibit A, this salmon recipe. BY AMY SCHLINGER

LEMON **SALMON WITH** QUINOA

YIELDS 1 SERVING

- 1/4 cup quinoa
- ½ cup water
- ½ tsp extra-virgin olive oil
- 1 clove garlic, chopped
- 14 tsp lemon juice
- ½ tsp dried basil
- 1/4 tsp salt

Pepper, to taste

- ½ cup cherry tomatoes, halved
- 6 oz Atlantic salmon
- 1. Rinse quinoa under faucet, then transfer to a pot. Add water and bring to a boil. Cover and reduce heat to simmer for 10-12 minutes.
- 2. Preheat grill. In a large bowl, combine olive oil, garlic, lemon, basil, salt, and pepper. Add tomatoes and mix.
- 3. Place salmon on a sheet of tinfoil. Fold up edges of foil but don't cover fish completely. Pour tomato mixture on top of salmon.
- 4. Place salmon packet on grill for 6-8 minutes. Remove quinoa from heat and pour onto plate. Remove salmon from grill and place on top and serve.

PER SERVING	
601 47g CALORIES PROTEIN	
41 g CARBS	26 g FAT





SAME POWERFUL TEAM BRAND NEW UNIFORM

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WORLDWIDE











Hot Stuff

Cayenne adds spice and flavor to any food, at only six calories per teaspoon. You have the green light to bring the heat. BY CHRIS GIBLIN

WHETHER YOU'RE GETTING

bogged down by the tedium of a healthy but predictable diet or are simply having trouble establishing good eating habits, literally spicing up things can help.

Although surprisingly high in vitamin A, sporting 15% of a daily dose in a teaspoon (based on a 2,000calorie diet), cayenne pepper has benefits that are a little more intangible than the foods that anchor your meals. Several studies have confirmed the pepper's appetite-curbing qualities resulting from its main ingredient, capsaicin, which is responsible for a burning sensation on the tongue. However, there appears to be a catch with that. Although you're more

prone to decreasing fatty, sweet, and salty food consumption if you aren't used to the hot stuff and raise your cavenne pepper intake, a 2011 Purdue study found that participants who were already spice aficionados were less affected.

Regardless, cayenne pepper provides a solid source of antioxidants, which are effective in the fight against free radicals, according to Sara Haas, R.D.N., a spokesperson for the Academy of Nutrition and Dietetics. More importantly, it can take potentially boring foods, such as steamed vegetables, and make them more interesting without the obvious shortcut of adding butter or oil. Haas recommends dashing dried.

From Indie Fresh at Gotham West Market

SERVES 2

- 2 scoops (52.6g) whey protein (such as GNC Pro Performance AMP Amplified Wheybolic Extreme 60)
- dropper bulb (0.7ml) Herb Pharm Organic Cayenne Extract
- cup frozen blueberries
- cup sliced frozen ripe bananas
- 4 oz coconut water
- 3 oz Indie Fresh Almond Milk
- % cup Indie Fresh Paleo Granola
- 2 tbsp almond butter
- 1/4 tsp cold-pressed ginger juice

	PER SERVI	NG	
490	21 g	79 g	
CALORIES	PROTEIN	CARBS	

powdered cayenne over roasted brussels sprouts or broccoli or on scrambled eggs. Feel free to go for whole cayenne peppers as well if you want a particularly bold flavor for your next stir-fry.

100% WHEY PROTEIN WHEY ISOLATE #1 SOURCE



OF PROTEIN SERVING SIZE





servings per container

percent whey protein

primary protein whey isolate



banned substances

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An overlooked red meat, lamb provides generous doses of iron, zinc, and B vitamins-not to mention rich flavor you wouldn't associate with healthy eating. Grilling it is easier than you think with this simple marinade recipe.

PER SERVING (CHOPS ONLY) 245 CALORIES 23g PROTEIN

kosher salt, and pepper,

1 tbsp red wine vinegar, and 2 oz roasted almonds.

FOOD STYLING BY BRETT KURZWEII

MULTI-STAGE PROTEIN FOR 8-HOUR POWER



WHEY ISOLATE WHEY HYDROLYSATE MILK ISOLATE WHEY CONCENTRATE **GOAT'S MILK EGG ALBUMEN** MICELLAR CASEIN

OF PROTEIN

SERVING SIZE



PRO & OLYMPIC ATHLETE TRUSTED WORLDWIDT 100% YOO'S COMPLIANT

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AVAILABLE AT





primary protein whey isolate

servings per container



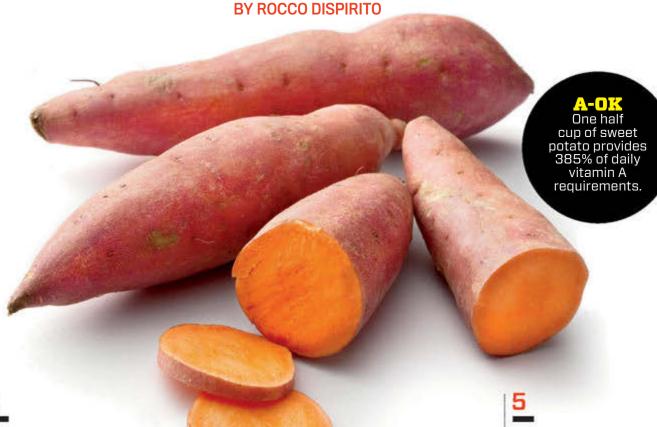
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SOFT-SERVE VANILLA

ELITE MULTI-SOURCE PROTEIN FOR ATHLETES

Sweet Potatoes

Eat for energy with these five tasty and healthy recipes.



COOK A SPAETZLE

Blend 1 cup grated sweet potato, 1tbsp cold water, ¼ cup egg-white powder, and dashes of salt and nutmeg for 90 seconds. With a spatula, push mixture through a colander and into a pot of 6 quarts boiling water. Let cook 10 seconds. then drain. Cook spaetzle on a skillet until lightly browned. Add chopped sage, spinach, and chicken stock. Cook until stock thickens. Serve in a bowl.

NUKE THEM INTO

CHIPS

Spray a plate with nonfat cooking sprav and sprinkle with a dash of Old Bay seasoning. Peel 6 oz of sweet potato, then slice 1/8-inch thick with a mandoline. Place a single layer of slices on plate. Sprinkle with Old Bay and microwave on high for 1 minute. Flip chips over and heat for another minute. Repeat process for remaining slices.

SERVE THEM MASHED

Peel a sweet potato and grate on a box grater's large holes. Place potato on a plate and stir in 2 tbsp water. Season with 1/8 tsp ground nutmeg. salt, and pepper. Cover with wax paper. Microwave until soft, about 5 minutes. Serve with protein.

EAT THEM GRILLED

Preheat grill to high. Cut a sweet potato into ½-inch-thick disks. Lay them on grill, spray with cooking spray, season with salt and pepper; grill 2 minutes per side. Mix ½ tbsp coconut nectar with ½ tsp minced red jalapeño. Drizzle over disks. Top with 1 tbsp plain fat-free Greek yogurt and 3 tbsp pumpkin seeds.

MAKE A TRUFFLE

Place ½ cup peeled grated sweet potato in a bowl and microwave 2-3 minutes. Add 2½ tsp cocoa powder, 2 packets monk fruit powder, salt, and ½ tsp coconut oil. Stir and place in freezer for 4 minutes. Place 21/4 tsp shredded coconut and ½ tsp ervthritol in a bowl. Form potato mixture into 2 balls, place each in potato mixture into the bowl, and coat completely. Serve.





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SHREDDED FOR SUMMER

Summer is here, and there are no more excuses. Luckily for you, in just four weeks you'll be able to take your shirt off, hit the beach, and be damn proud of the way you look.

BY DUFFY GAVER /// PHOTOGRAPHS BY IAN SPANIER

T'S NOT ROCKET SCIENCE. If you want to pull the layers

of fat off your body and reveal all the hard work you've been putting in over the winter, you'll need a clean diet and, well, some more work. Your training needs to burn excess calories through a combination of heavy weight, high volume, and high intensity. That's exactly what this program provides-attacking the problem from every angle. At first glance, it might seem all over the map, but every move in this combination of bodybuilding and CrossFit is calculated to elicit the desired effect—lose body fat without losing muscle.

Week 1 of the program starts with a max-out day. We start there to set the bar for the rest of the program. No, this isn't a strength-focused program, but if you follow it to the letter and eat well, when you repeat this workout in Week 4, you *will* be better at it. And if you're better at that workout while dieting, you can't help but look better. If you're weaker, that's a sign that you took a major misstep, likely with your diet by not fueling up properly.

In the other sessions, there are elements of traditional bodybuilding and CrossFit intermingled. A lot of guys who have been following a traditional body-part split might balk at these CrossFit elements. They'll say they don't want to do exercises like toes-to-bar and kipping pullups. "Can I swap it out for something else?" they'll ask. Yes—if you honestly can't do the moves listed. But you need to at least try everything listed.

If you can't do it, then scale it back a little, either by lightening the load or cutting back a few reps. But don't look for an out with every move that makes you uncomfortable. If you start swapping out everything, you might as well just ride a bike every day. You could, in theory, burn the same number of calories that wayyou'd lose muscle, lose strength, and essentially become a lesser version of yourself. So don't start down that path. If you knew a better way to get ripped, then you probably wouldn't be reading this. Just know that Brad Pitt. Chris Hemsworth, and Chris Pratt all did a version of the program you now hold in your hands. You can do what they did if you attack this thing with purpose. When all's said and done, you'll look better than you ever have in your life.

MONDAY

Directions: Take about five sets or 10 minutes to work up to a near one-rep max in each of the four main lifts. This is not a powerlifting meet. It's 0K to leave something in the tank, but you should work up to as heavy as you can on that particular day.

EXERCISE	REPS
Squat	1RM
Overhead Press	1RM
Deadlift	1RM
Bench Press	1RM
Pullup	Failure

TUESDAY

Directions: After situps, work up to a comfortable one-arm snatch for 10 reps. Use that weight for the rest of the workout.

EXERCISE	REPS
Situp	100 total

CIRCUIT: Complete for time

EXERCISE	REPS	
Alternating DB Snatch	20, 16, 12, 8	
Burpee	20, 16, 12, 8	

WEDNESDAY

CARDIO

Directions: Run, row, or bike for 30 minutes. Work up to a heart rate of 180 minus your age and maintain it.

THURSDAY

REST

FRIDAY

"CINDY"

Directions: Complete as many rounds as possible in 20 minutes of:

EXERCISE	REPS
Pullup	5
Pushup	10
Body-weight Squat	15

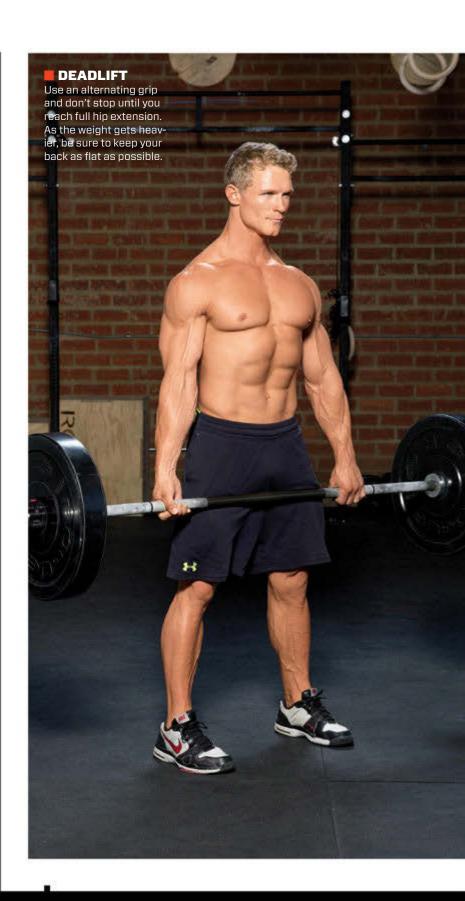
SATURDAY

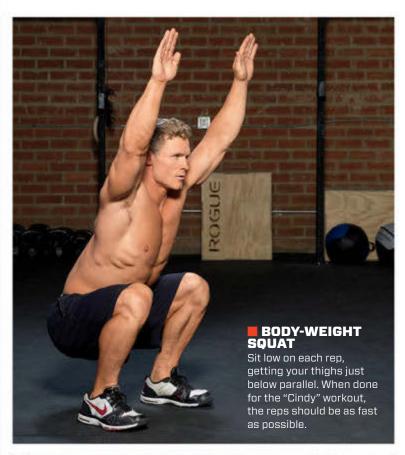
CARDIO

Directions: Run, row, or bike for 35 minutes at a heart rate of 180 minus your age.

SUNDAY

REST or optional light cardio















WALKING LUNGE

Keep your upper body tall and drop your back knee close the ground on each rep. Since these are performed as straight sets and not as part of a circuit (and only for 10 reps at a time), go as heavy as you can with the weight. If you normally use 30s for a set of 20, try making a jump to 50s and see how you feel.



MONDAY

Directions: Perform exercises marked with an * as couplets-supersets without rest.

EXERCISE	SETS	REPS
Dumbbell Flye*	5	10
Bench Press*	5	10
Diamond Pushup	3	15
Lateral Raise*	5	10
Barbell Over- head Press*	5	5
Upright Row	3	15

TUESDAY

Directions: Perform all exercises as straight sets, resting as little as possible.

EXERCISE	SETS	REPS
Walking Lunge	3	10
Squat	5	4
Calf Raise	3	15
Deadlift	5	5
Dumbbell Row	3	15

WEDNESDAY

REST

THURSDAY

Directions: Perform the following exercises one time through without resting.

EXERCISE	REPS		
Pullup	25		
Dumbbell Thruster	25		
Toes-to-bar	25		
Plyo Pushup	25		
Kettlebell Swing	25		
Push Press	25		
Burpee	25		
Sumo Deadlift to High Pull	25		
Box Jump	25		

FRIDAY

CARDIO

Directions: Run, row, or bike for 40 minutes at a heart rate of 180 minus your age.

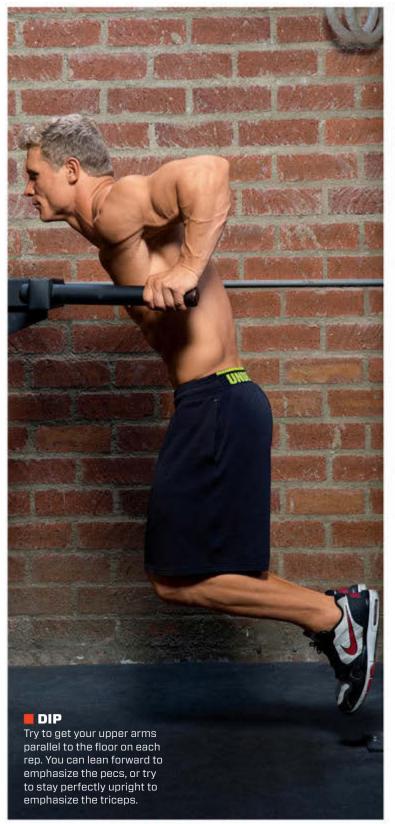
SATURDAY

Directions: Perform exercises marked with an * as couplets-supersets without rest.

EXERCISE	SETS	REPS
DB Kickback*	5	10
Dip*	5	5
Close-grip Bench Press	5	5
Dumbbell Curl*	5	10
Chinup*	5	5
Barbell Curl	3	15

SUNDAY

REST or optional light cardio





MONDAY

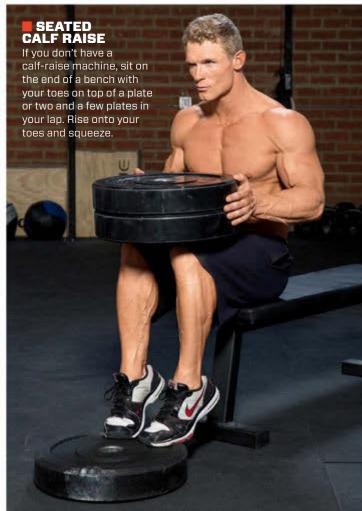
Directions: Perform exercises marked with an * as coupletssupersets without rest.

EXERCISE	SETS	REPS
Dumbbell Bench*	10	10
Dumbbell Row*	10	10

CIRCUIT: Perform as many rounds as possible in six minutes of:

EXERCISE	REPS
Power Clean (with 95 pounds)	7
Box Jump (to 24-inch Box)	7
Toes-to-bar	7





TUESDAY

Directions: Perform exercises as straight sets. For situps, take as many sets as needed to get 100.

EXERCISE	SETS	REPS
Body-weight Squat	10	10
Dumbbell Walking Lunge	5	10
Seated Calf Raise	4	15
Situp	_	100

WEDNESDAY

CARDIO

Directions: Run, row, or bike for 45 minutes at a heart rate of 180 minus your age.

THURSDAY

REST

FRIDAY

Directions: Perform all exercises for three sets to failure. Rest three minutes between each set.

EXERCISE	SETS	REPS
Dip	3	Failure
Diamond Pushup	3	Failure
DB Kickback	3	Failure
Barbell Curl	3	Failure
21s with EZ-curl Bar	3	Failure
Reverse Curl	3	Failure

"FRAN"

Directions: Perform 21, 15, and 9 reps each of the following exercises, alternating between each exercise.

EXERCISE	REPS	
Barbell Thruster (with 95 pounds)	21, 15, 9	
Pullup	21, 15, 9	

SUNDAY

REST or optional light cardio

SHREDDED FOR SUMMER



MONDAY

Directions: Refer to Monday's workout directions in Week 1.

EXERCISE	REPS	
Squat	1RM	
Overhead Press	1RM	
Deadlift	1RM	
Bench Press	1RM	
Pullup	Failure	

TUESDAY

REST

WEDNESDAY

Directions: Perform one time through. Rest as little as possible.

EXERCISE	REPS	
Pullup	50	
Thruster (with 45-pound Bar)	50	
Toes-to-bar	50	
Pushup	50	
Kettlebell Swing	50	
Push Press (with 45-pound Bar)	50	
Burpee	50	
Sumo Deadlift to High Pull (with 45-pound Bar)	50	
Box Jump (to 20-inch Box)	50	

THURSDAY

REST

FRIDAY

Directions: Complete 10 rounds of the following couplet for time. Work upward to 10 on pullups and work downward from 10 on body-weight squats.

EXERCISE	REPS
Pullup	1-10
Body-weight Squat	10-1

SATURDAY

CARDIO

Directions: Run, row, or bike for 50 minutes at a heart rate of 180 minus your age.

SUNDAY

"CINDY"

Directions: Complete as many rounds as possible in 20 minutes of:

EXERCISE	REPS
Pullup	5
Pushup	10
Body-weight Squat	15





SUMO-DEADLIFT-TO-HIGH-PULL

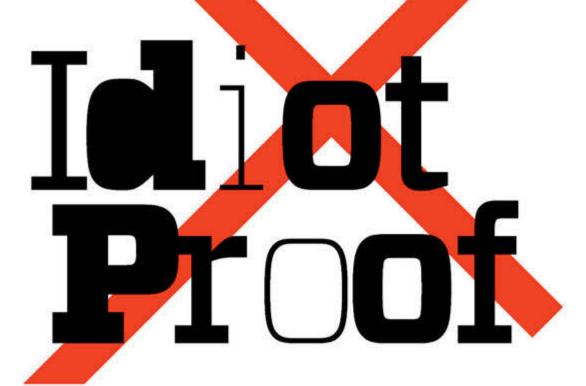
SUMO-DEADLIFT-TO-HIGH-PULL
Stand in front of a loaded barbell with a wide
stance and your toes pointed out slightly. Squat
down low and grab the bar with an overhand
grip, your hands inside your knees. Stand up
explosively, pulling the bar upward as you do. In
the finish position, the bar will be just under your
chin, your elbows flared out to the sides.



NUTRITION

For our fat-loss guidelines, check out the M&F food pyramid at *muscle* andfitness.com/pyramid. While you're there, you will also find loads of recipes, meal plans, and healthy eating tips.





These five clean muscle-building recipes are as easy to make as they are delicious.

BY CARLO FILIPPONE
PHOTOGRAPHS BY TRAVIS RATHBONE



BALSAMIC CHICKEN BREAST

SERVES 2

- 3 tbsp extra-virgin olive oil
- 2 (6 oz) chicken breasts
- 1 tbsp chopped shallots
- ¼ cup balsamic vinegar

- 1 tsp minced garlic
- 1 tsp chopped fresh basil
- 14 tsp sea salt
- 14 tsp black pepper
- 1/8 tsp bay leaf powder

Place a skillet or sauté pan over medium heat, then add olive oil. Heat for 30 seconds. Add the chicken breasts. Brown each side. Add the shallots. Cook till shallots are lightly browned. Slowly add the balsamic vinegar. Add the remaining spices. Turn heat to medium-low, Cook for 5-7 minutes. Remove chicken breasts and serve with veggies and/or clean carbs. Pour the remaining liquid over breasts for added flavor.

MACROS PER SERVING

516 50g 2g CALORIES PROTEIN CARBS 34g





NEW!

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SERVES 2

- ½ cup honey
- ¼ cup apple-cider vinegar
- ¼ cup light soy sauce
- ¼ cup sesame oil
- tsp chopped fresh ginger, peeled 1
- 1/8 tsp freshly ground black pepper
- 2 pinches sea salt
- 2 (6 oz) cod fillets

Mix all the ingredients, except the cod fillets, in a large bowl. Add the cod to the bowl. Submerge the cod and allow to marinate. Overnight is best, but an hour or so will suffice. Preheat oven to 425°F. Remove cod from the bowl and place on a cookie sheet coated with nonstick cooking spray. You may pour any leftover mixture over the cod for extra flavor. Cook fillets for 8-10 minutes, or until their internal temperature reaches 145°F. Serve with vegetable (such as bok choy) and/or carb of your choice.

MACROS PER SERVING

40g 78g 30g CALORIES PROTEIN CARBS

GROUNDBREAKING CLINICAL RESEARCH FROM THE UNIVERSITY OF TAMPA 18.7 LBS. OF

There isn't a single supplement out there with a clinical study showing this kind of tremendous muscle growth in just 12 weeks. You can only get this kind of power in the fully disclosed Pro Clinical Muscle Stack SX-7®

BASED ON CLINICAL RESEARCH FROM THE UNIVERSITY OF TAMPA

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Based on research published in The Journal of Strength & Conditioning Research.

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6,723,737,7,671,038, and 7,629,329.

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NEW



TURKEY STEW

SERVES 3

- 4 tbsp extra-virgin olive oil 1½ lbs ground turkey
- 2 garlic cloves, chopped
- 1 medium onion, roughly chopped
- 2 celery stalks, cut into 1-inch cubes
- 6 baby carrots

- 2 (28 oz) cans diced tomatoes
- 1 cup low-sodium chicken broth
- ½ tsp sea salt
- ½ tsp freshly ground black pepper
- 14 tsp bay leaf powder

Pour oil in a pot over medium heat. Add the ground turkey. Stir well until turkey is light brown. Cook for 2–3 minutes. Add the garlic, onions, celery, and carrots. Cook for 5 minutes. Add the tomatoes and broth; stir. Bring to a simmer and add spices. Reduce heat to medium, cover, and cook for 1 hour, stirring occasionally.

MACROS PER SERVING

683 66g 17g 44g CALORIES PROTEIN CARBS FAT

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BASED ON RESEARCH FROM
THE UNIVERSITY OF TAMPA

THE ONLY PRE-WORKOUT WITH PEAK ATP® & MYRISTICA FOR AN UNPARALLELED SENSORY EXPERIENCE

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- A powerful, premium combination of the sensory ingredients Myristica fragrans, Ecklonia cava, holy basil and grains of paradise
- Better focus, energy, pumps and performance with a potent dose of caffeine

EXTREME MUSCLE GAIN 8.8 Rts. Lean Muscle Gained (lbs.) **MORE MUSCLE** 4.6 lbs #SHATTER" SX-7"

IMPROVED 1-REP MAX STRENGTH 121.9 lbs **MORE STRENGTH** 49.4 lbs SHATTER" SX-7

Based on research conducted at The University of Tampa and published in Nutrition & Metabolism.

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CUTTING-EDGE EXTREME SENSORY &

"From the very first dose you can feel it take effect – a boost of focus & energy."

- Reviewed at GNC.com*

SUBJECTS LOST 10.95 LBS. IN 60 DAYS!

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With Coleus, Salvia & theanine for a powerful sensory experience!

Extreme energy and mental focus with caffeine

No proprietary blends

Key ingredient based on 2 scientific studies

SCIENTIFICALLY RESEARCHED KEY **WEIGHT LOSS INGREDIENT**





*Individual received a free sample

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EXTREME ENERGY & MENTAL FOCUS*1

DIETARY SUPPLE

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Jucky Vitamin







SERVES 2

- 2 (8 oz) salmon fillets
- 2 tsp peanut oil
- 2 tbsp chopped garlic
- 1 tbsp chopped ginger, peeled
- 1 tbsp chopped lemongrass
- ½ cup asparagus tips
- ½ cup brussels sprouts, halved
- ½ cup snow peas
- ½ red bell pepper, sliced
- ¼ cup light soy sauce
- 2 tbsp water
- 1/8 tsp sea salt
- 1/8 tsp black pepper

Preheat oven to 425°F. Place salmon fillets on a cooking tray and put in the oven. Cook fillets for 10-12 minutes, or until their internal temperature reaches 145°F. Add peanut oil to a skillet or sauté pan. Heat for 20 seconds. Add garlic, ginger, and lemongrass. Stir quickly, then add asparagus, brussels sprouts, snow peas, and red bell pepper. Cook for 1 minute. Add soy sauce, water, salt, and pepper. Cook for 4-5 additional minutes, or until veggies are tender to the touch. Remove salmon from the oven and top with vegetables.

MACROS PER SERVING

424 50g 22g 19g CALORIES PROTEIN CARBS FAT



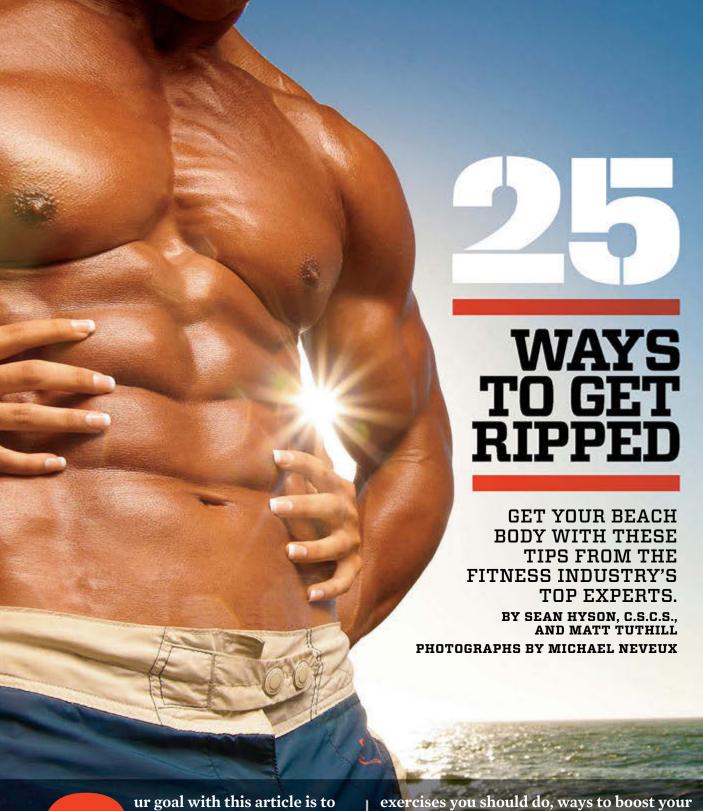


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ur goal with this article is to give you enough information to get yourself ripped before summer starts, no matter what condition you're in now or how little you may know about training and nutrition. It's all here: how to set up a workout program, a diet,

exercises you should do, ways to boost your intensity and metabolism, foods you must eat, and when to consume them for the best results. We've taken years of science and experimentation, culled from some of the brightest minds in the fitness game, and condensed it all into 25 ways you can get ripped to shreds. Fast.

1 HIT YOUR NUMBERS

Just winging it with your diet will yield results as long as you make healthy food choices, but if you want to look movie-ticket ripped, you need to count calories and macros. "Twelve calories per pound of lean body mass is a good starting point," says Nate Miyaki, C.S.S.N., a nutritionist and trainer in San Francisco. You can also use the weight you want to be. So if you're a soft 200 pounds and think you would look ripped at 180, start at 2,160 calories per day (12 x 180).

Set your protein at one gram per pound of your target weight, your carbs at one gram per pound, and your fat at 0.4 gram per pound.

KEEP GOING HEAVY

"A lot of guys will lower the weight they use when they're trying to lean out," says Derek Poundstone, a two-time Arnold Strongman champ and owner of Poundstone Performance in Waterbury, CT. "But it just robs you of strength." Poundstone keeps going heavy while maintaining training volume, so he does multiple sets of low reps, such as eight sets of three.

DO MORE WORKOUTS

Adding a few short, low-intensity sessions to your training week can increase your metabolism and recovery. "The trick is to keep these workouts to only 15 to 20 minutes," says Jim Smith, a strength coach and author of Diesel Mass. And be sure to go light. You can even train twice in one day-morning and night. Take these sessions to work on weaknesses.

ID LIGHT DAYS

If you follow a body-part split, have a heavy day when you work in the range of five to eight reps and another day later in the week when you hit the same muscles with 12 to 15 reps. The undulating intensity promotes recovery and prevents injuries and burnout.



FLAVOR YOUR CARBS

Rice and potatoes should be a major part of any diet to build muscle or shred fat. But, as you've noticed, they're bland. "Boil them in lowsodium chicken broth," says Gavan Murphy, owner of the L.A.-based catering company the Healthy Irishman, "and add some freshly grated ginger as well. "It adds a ton of flavor and no time to vour meal prep."

DO FULL-BODY WORKOUTS

"If you've been doing a body-part split, switch to full-body," says Ben Bruno, a Los Angeles trainer to celebrities. Two good reasons why: Full-body workouts work more overall muscle in a session, thereby burning more calories. They also reduce the total volume vou can perform for each body part, which means you'll recover better and be able to train the muscles more frequently. "Higher frequency training yields faster gains," Bruno says.

07

BLOW UP YOUR LATS

Want to make your waist look smaller? Make your lats wider. Here's a tip from Chad Waterbury, author of High Frequency Training 2: Do one set of as many pullups as possible in the morning. At night, go back and do another set. Repeat this every other day. "After 30 days, retest your max," Waterbury says. "You can expect an 8- to 10-rep increase."

MAKE YOUR OWN SALAD DRESSING

Green vegetables don't count as carbs, and you can eat them with wild abandon without consequences. Here's a recipe for a high-protein honey mustard to dress them up: Whisk together 1/2 cup fat-free Greek vogurt, 2 tbsp yellow mustard, 1/2 tbsp raw honey, and 1 tbsp lemon juice. That's 12 grams protein and eight grams carbs.



09

KEEP MOVING

Most of your fat loss will come by way of your diet, but the rest comes from physical activity—and we don't just mean your workouts. Nonexercise physical activity (called NEPA) may account for 20% of your fat loss, according to Miyaki. "Walk or ride a bike to work, walk to do vour errands, take a hike on the weekends, or enjoy more sexy time with your significant other. This type of informal, low-intensity activity can give you many of the same benefits as traditional cardio without the drawbacks—like joint wear and tear, repetitive strain, and impaired recovery from strength training."

1 STAY IN THE 8-TO-12 RANGE

No, we're not contradicting what we said earlier, just amending it. Heavy lifting will preserve muscle and strength while dieting, but Bruno says sets of 8 to 12 will do the most to maximize muscle gains while in a caloric deficit. "Moderate rep ranges give you the most bang for your buck."

1 DO A BACK-OFF SET

"Increasing metabolic stress during your workout has been shown to increase the potential for greater growth," says Smith. One simple way to jack up the intensity is to perform a high-rep back-off set after your last main set of the workout. Take 50% of the load you used on your heaviest set of your main lift and perform 50 to 100 reps with it. So if you just squatted 315 for five reps, back off to 155 pounds and go for broke. If you can't complete all the reps in one shot, rest-pause your way through the set. "But rest no longer than 20 seconds," Smith says.

19 ADD "FINISHERS"

"High-rep kettlebell swings, high-rep barbell squats, pushups, and even plyometrics are great ways to leave you breathing heavy after your workout's done," says Lee Boyce, C.S.C.S., a strength coach in Toronto. "They can also catalyze fat loss by keeping your metabolism up for hours."



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GET MOBILE

Keeping your heart rate up between sets encourages more calorie burning. Instead of sitting and waiting for your next set, build some mobility training into your workout. Foam rolling, dynamic stretches (leg swings, shoulder rotations, etc.), and prehab exercises, like facepulls, can all be used between sets to work on weak points. improve flexibility, and prepare the body for heavier sets to come later in the workout. "These won't take away from your strength," Bruno says, "but over the course of the workout they'll increase the metabolic demand."

14

DOUBLE YOUR SHAKES

The easiest way to add more calories to your diet in order to gain mass is to start with your post-workout shake. Double your dosage. This allows you to deliver more protein and carbs in a quick fashion that's easy to digest. It won't bloat or fill you like a whole-food meal, so vou'll be hungry and able to eat again soon.

15

KEEP CARBS HIGH WHILE CUTTING

You've heard the rhetoric: You have to go low-carb to lose fat. But that's not true. "With adequate carb intake, you get better anaerobic fuel for high-intensity workouts," says Miyaki, author of The Truth About Carbs. "You get better muscle retention, and you maintain natural hormone production and metabolic rate." Plus, you don't set yourself up for a post-dieting rebound in which you pig out eating every carb in sight.

16

EAT RUNNY EGG YOLKS

"Eating slightly undercooked yolks at night can push vou further into the rebuilding and leaning-out state while you sleep," says T.C. Hale, a celebrity trainer in Los Angeles and the author of Kick Your Fat in the Nuts. Night is when your body naturally prepares to rebuild and recover, so eggs eaten at this time encourage the process-the science is unclear, but it may have to do with the protein not being damaged by heat.

17 EAT KIMCHI

This Korean cabbage mix may be the healthiest condiment. It's packed with prebiotics, which feed the gut bacteria that help you digest food, and also capsaicin, which a 2012 Purdue University metanalysis found boosted thermogenesis.

10 GO TO FAILURE

Last October, the Journal of Sports Medicine and Physical Fitness published a study in which 79 subjects with training experience were divided into three groups. One took sets to self-determined failure, another was goaded to work until the participants couldn't do any more reps, and the third used a rest-pause (five to 20 seconds). The ones who stopped their sets when they wanted had insignificant results. The rest-pause group saw good gains in strength and body composition, but those who went to failure had the best gains.





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19 CUT YOUR BLOOD OFF Science is beginning to confirm what

experimental bodybuilders learned years ago: Blood-flow restriction training builds muscle. A 2015 review in Sports Medicine found that subjects who trained wearing blood-pressure cuffs (you can also use elastic knee wraps) just below their shoulders built muscle effectively while using light loads and reps of 50 to 80 per set. Wrap your limbs snugly but not too tight-about a 7 on a scale of 10.

BUY ORGANIC (WHEN IT COUNTS)

"When you buy factory-farm meat and dairy, you wind up ingesting many of the hormones and antibiotics used to raise these animals," says Restaurant Impossible host Robert Irvine, author of the upcoming book Fit Fuel. "They're less nutrient-dense than their organic counterparts," so go organic for these foods. But foods with a thick peel, such as bananas and avocados, are safe enough as is-so save your money.

SPRINT

Want a way to raise your metabolism and get in some cardio that makes vou feel like an NFL running back? Find a hill, or incline the treadmill, and run up it at about 90% of your top speed. (Leave a little in the tank for safety.) The sprint itself should take five to 10 seconds. "Use the exercises in your workout to determine the number of sprints you perform," Smith says. So if you did six different lifts, perform six sprints, followed by a one-minute jog after each.

TAKE DIGESTIVE ENZYMES

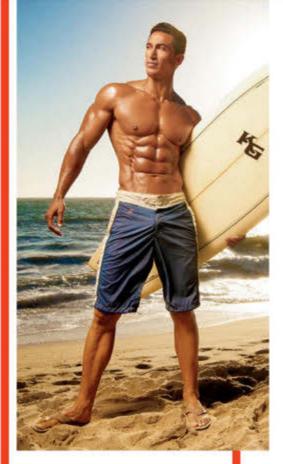
Lif you're eating more to gain muscle, that means more stress on your digestive system. Digestive enzymes can help you break down the extra food and absorb nutrients better. Look for ones that contain protease, amylase, lipase, and lactase.

USE GIANT SETS

Giant sets are three or more exercises performed back-to-back. Select two exercises that target weak points and do them after another lift for another body part. "So, for instance, if it's leg day but you're trying to bring up your back and biceps, you could do a set of squats followed immediately by pullups and then curls," Smith says.

DON'T **OVERDO FAT**

Even if you're following a low-carb diet and losing weight, you can't eat unlimited fat. Not only will it keep you out of the caloric deficit vou need to lose weight (a gram of fat contains nine calories), extra fat in vour diet can throw off your ratio of omega-3 to omega-6 fatty acids, and that can damage the heart. skin, and other body functions.



ADD VEGETABLES

As mentioned earlier, you need to eat more greens. Still can't stand them? Start mixing them into foods you like so they're virtually undetectable but still give you the fiber and nutrients you need. It helps fill you up, too. For example, when sautéing ground beef, grate in some raw zucchini. "Because it's grated, it cooks really quickly," Murphy says. Or stuff the meat into a bell pepper after it cooks and bake 30 minutes.

When you blend up a protein shake, add a cup of spinach. The blender will dice the leaves so small that you won't even taste them.

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TITAN OF THE FITNESS INDUSTRY

Over the past 25 years, former *American Gladiators* star **MIKE "TITAN" O'HEARN** has been one of the most successful men in fitness—a bodybuilder, powerlifter, and model with more trophies and media appearances than even he can count. Now, at 46 years old, he's not slowing down—he's in overdrive, getting bigger, stronger, and more ripped than ever before. And he claims to do it all as a **100% NATURAL ATHLETE.** Believe him or not, he has transcended *Gladiators* to become one of the world's true fitness icons.

BY MATT TUTHILL /// PHOTOGRAPHS BY MICHAEL NEVEUX



much. The perfectly coiffed hair. The millions of dollars—stashed away from years of TV and hundreds of photo shoots. The veritable castle in sunny Southern California. The loyal huskies who come to the gym with him every day, walk on the treadmill beside him, and never seem to bark. The self-satisfied smirk in all those social media pics (and God knows he posts enough

of them). But if you looked like Mike O'Hearn, you'd probably be smirking all day, too. Because at 46 years old, the 6'3" O'Hearn is a rock-solid 262 pounds of perfectly shaped muscle, shredded right down to a year-round body fat percentage of six.

Yet for all the gifts that have been bestowed on Mike O'Hearn, the rest of us mere mortals can always take solace in the fact that we know how he really got these muscles and what he does to maintain them, right? Nudge, nudge. Wink, wink. Except Mike O'Hearn swears up and down, on the bible, and on the grave of your choosing, that he is and always has been 100% natural.

When they hear it, would-be fans turn away in disbelief. They take to message boards and cry bullshit. Because most of us have our own ideas of what one man can have, and by any standard, O'Hearn has too much. You can't be one of the most celebrated fitness models of all time, with strength to match your aesthetics and fashion-model face—and longevity to top it all—and still be natural.

"I was 270 pounds as a 16-year-old," O'Hearn says with a laugh. "I've been hearing 'you're on steroids' my whole life. I was always the same weight, really. What I learned how to do over the years was take the fat off while keeping my muscle."

If classmates wondered about him at 16, the rest of the world's been wondering about him—and eager to knock him down a peg-ever since he appeared as Thor on the first run of American Gladiators in the early '90s. Many of O'Hearn's cast mates later admitted to using steroids, thus implicating him by association. But O'Hearn always maintained that he was natural, even though he was bigger and stronger than his juiced-up colleagues. When he went on to become the only member of the original cast to appear in the 2008 reboot—this time as Titan, and in even better shape—it made you scratch your head even more.

The world can keep wondering. The only confirmed fact is this: O'Hearn has never flunked a drug test, and he's taken nearly as many piss tests as he has selfies.

Drug tests for the *Gladiators* reboot ("NBC tested for EVERYTHING," he says) as well as drug tests he took for natural bodybuilding shows, turned up nothing. Nor did polygraph tests, he says, an extra step in some natural bodybuilding and powerlifting federations. And with a trail of clean drug



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and lie detector tests in his wake and a trophy case full of hardware—O'Hearn is a four-time Natural Mr. Universe and in the Natural Bodybuilding Hall of Fame—he's still dogged by haters who jump in with sarcastic comments on nearly every social media post.

Nature produces freaks with regularity. Just look at muscle-bound Belgian Blue cattle and humans with myostatin deficiencies who grow muscle without lifting weights. But when we've seen

so many athletes turn out to be frauds and liars, we don't leave room for any genetic freaks in sports, and especially not in bodybuilding.

So the comments pour in:

"Yeah, right!" "No way!" "How could he possibly say he's natural?"

And that's just what we can print.

The funny part is that O'Hearn doesn't even consider himself a freak of nature. He sees his body as a byproduct of his life story—one that's been played out almost entirely inside of a gym. For the most cynical, it might help to see pictures of him playing high school football (he was a three-year

starter and All-American) in his hometown of Kirkland, WA. It's not hard to pick out O'Hearn in team pictures. He's nearly a foot taller—and a foot wider—than most of his teammates. He's a solid 70 or 80 pounds heavier, too.

The mass started piling onto his frame as early as 11 years old. That's when his father, Patrick O'Hearn, a natural bodybuilder himself, started bringing Mike to the gym. Giants lurked in every corner. Among them, powerlifting legends Doyle Kenady, Doug Furnas, and Jeff Magruder.

"When you're 11 years old and you see guys like that every single day, that





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warps your idea of what's normal, of what's possible," he says. "If you train at 24 Hour Fitness, a 315-pound squat is going to seem really heavy to you. That's just a fact. Being in an environment where 800-pound deadlifts were normal made my belief different from that of any other kid."

By the age of 14, he was competing in natural bodybuilding shows. He won the Mr. Teenage Washington at a height of 5'9" and a stage weight of 172. During the next two years, puberty went full throttle as he grew to 6'2" and gained an unfathomable, if not entirely lean, 100 pounds.

All the while he was learning the basics of what he would later fine-tune and market as power bodybuilding—a

system that builds strength and size by satisfying the needs of the strength and physique athlete: Heavy weights done for only a few reps but for a lot more sets. Whereas a classic bodybuilding rep scheme is three sets of 10, a classic power bodybuilding scheme may be seven or eight sets of three—not counting any warmup sets required to get to a heavy weight. (See O'Hearn's power bodybuilding leg routine on page 126.)

He credits this system, more than any of the myriad genetic factors that might be working in his favor, as being the key to his success in bodybuilding.

"Everybody does the same thing when they get ready for a show," O'Hearn says. "They go from heavy weight and lots of calories to cardio, light weight, lots of reps, and a calorie deficit. It's common. You get stringy and small. It happened to me, too. But I figured out early on that if I kept pounding the weight, I kept the muscle. When you are dieted down, you have less fluid in your joints and you're more prone to injury, so I slowed down the reps. It's harder to do—a loaded bar feels a whole lot heavier when you're dried out-but I accepted it, and you wind up with a fuller, denser muscle."

TITAN TOUR

For a man who came into the public eye on a TV show that's long been canceled, it's interesting to see that his biggest fans are young. For every 40-or 50-something who lined up to see him make a booth appearance at the Arnold Sports Festival in Columbus, OH, in March, there were a half dozen teenagers and 20-year-olds. The contrast is just as stark at a group training session held a few blocks away from the expo at Metro Fitness.

There, a group of seven young men and one man in his 40s are gathered around O'Hearn, who is dressed in red denim jeans, black loafers, a snow cap, and a "Titan Tour 2015" baseball T-shirt bearing his power bodybuilding logo—the letters "PB" stuffed inside a Superman crest.







Finishing up a tutorial on squatting, O'Hearn says, "OK. One at a time on the platform." He observes each guy, pointing out flaws in technique and holding nothing back. The personalized attention comes at a price; as one guy gets his pointers, the rest wait a considerable amount of time. From the outside, it seems like a nuisance. The clients, though, each of whom plunked down \$250 for the session, unanimously say it's money well spent.

"It's absolutely worth it," says Jacob

Pauley of Nicholasville, KY, who made the trip just to train with O'Hearn. "I trust what he says more than most other fitness icons. He's a four-time Natural Mr. Universe, and not many guys are natural. Something's obviously working for him if he's in his 40s and still squatting 700 pounds."

On this Saturday afternoon, Metro Fitness is crammed with Arnold Sports Festival attendees getting in a workout before the bodybuilding finals that night. Moving around the gym is as tough as navigating the expo floor, which is to say nearly impossible.

When O'Hearn's group comman-

deers a power rack for deadlifting, the two enormous meatheads who had been working in the area—and momentarily stepped away—return to find they've lost their spot. Their looks are grave, and they seem eager to jump in and give Titan a piece of their minds. One grabs O'Hearn by the arm.

"Hey, man, do you mind?" the guy asks—then produces a cell phone, "if I get a picture?"

The session goes on for more than three hours. Some of the guys specifically want help with their form. Others pick his brain for diet advice as they prepare for bodybuilding shows. The



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nuts and bolts of training, though, aren't the main attraction. It's clear that the group—and everyone else in the gym—just wants to spend time with him. The ever-growing fan base, O'Hearn says, is due in a big way to social media.

"Social media's allowed people to come into my life a bit," O'Hearn says. "With all the columns I've done, it was all about this barbaric dude who has no limits and attacks everything. But when my dog Bunny died, and I was unafraid to share that—and other un-alpha moments like that—people really responded. I had guys coming up to me at the expo saying they were from India, or Dubai, or all these far corners of the world—and tell-

ing me they were praying for me when that happened. They sat in line just so they could say, 'I was crying when you were crying,' That was pretty special."

NEVER TEMPTED

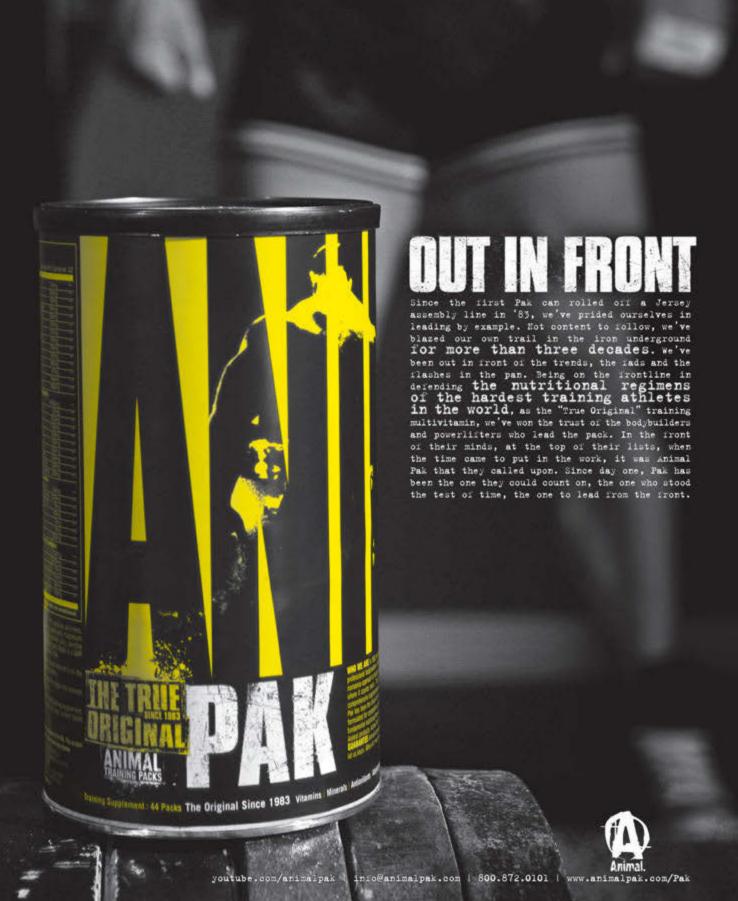
Growing up in such a hardcore environment, exposure to steroids came quick enough. And not just in the gym. The youngest of nine kids, O'Hearn says two of his brothers and one sister took steroids. Rather than tempt him, he says it had the opposite effect.

"If you've got brothers, there's an instant rivalry," he says. "Whatever they did, whether it was drinking alcohol or staying up late, I wanted to do the opposite or do it better. With steroids, I was too young to understand that anything else was going on when

it came to bodybuilding and powerlifting. Then people started telling me, 'That's what everyone in the magazines does. That's what all the bodybuilders do.' I said, 'If that's what everybody does, then let me beat them without it.'

"With steroids, there is always an up and down," O'Hearn continues. "I would see my brothers enhance to a much better level than me. In a deadlift, say, they would jump up to 500 pounds, and I'd be at 400. But when they came off the sauce they'd drop to 450, and then I'd catch that. Then they'd jump up to 600. By then I'd be at 500, and they'd drop back down. I'd say, 'What is this pattern? Why get better and then get worse? If I'm going to spend this much time doing it, I want to be able to keep what I've got."





His eventual PRs would wind up being as staggering as his physique: An 815-pound squat, a 600 bench (along with 500x2 on an incline), and a 775 sumo deadlift.

"Could I have set records with steroids? Yes. Would I be as good as I am now? No. Steroids age you. Your connective tissue breaks down. Over time, something will inevitably tear."

Temptation was easy to avoid, he says, thanks to quick success.

"When you get discovered by Joe Weider-he walks up to you at the Mr. Olympia and says, 'I need you on the cover of my magazines,' and you're a 20-, 21-year-old kid-I realized whatever I had been doing up to that point was good enough. Would I have been tempted if I didn't find success? I hope I wouldn't have, but then again, I never wanted to be a 300-pound Mr. Olympia. I wanted a pleasing physique. I think of my body as an art piece, and it's my art piece."

Back in the gym, O'Hearn is delivering his final tutorial of the day on benching. At that moment, he's interrupted again—a hand on his shoulder, too desperate to wait. He turns to find a slight man, sheepishly apologizing.

"Excuse me," the man says, "but I am from Jordan, and I am also very fond

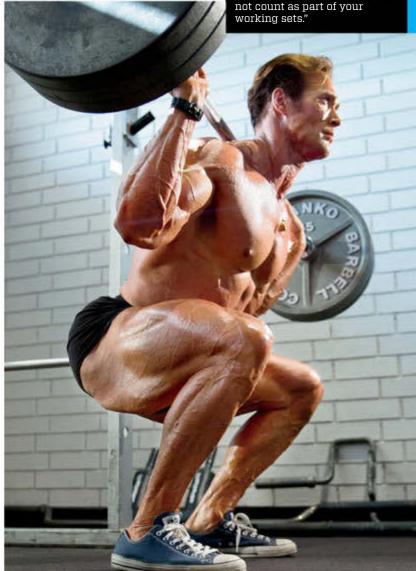
of you. May I have a photograph?" The man is sweating, nervous with anticipation. O'Hearn merely smiles, says, "Of course," and puts an arm around him, posing for a series of rapid-fire cell-phone pics. The man had traveled from the other side of the earth, hailing from a culture that could be described as our polar opposite. But when he sees O'Hearn, none of that matters. It fades away into something basic and pure—an admiration that doesn't adhere to cultural boundaries.

A smile frozen on his face, O'Hearn poses with the man, not surprised in the least to meet vet another fan, however unlikely this one might seem.

This kind of thing happens to Mike O'Hearn every day, and at this point in his life, it's all perfectly natural.

LIGHT WEIGHT DOESN'T COUNT

"If your working weight is going to be 315, then whatever it takes to work up to 315 does not count as part of your

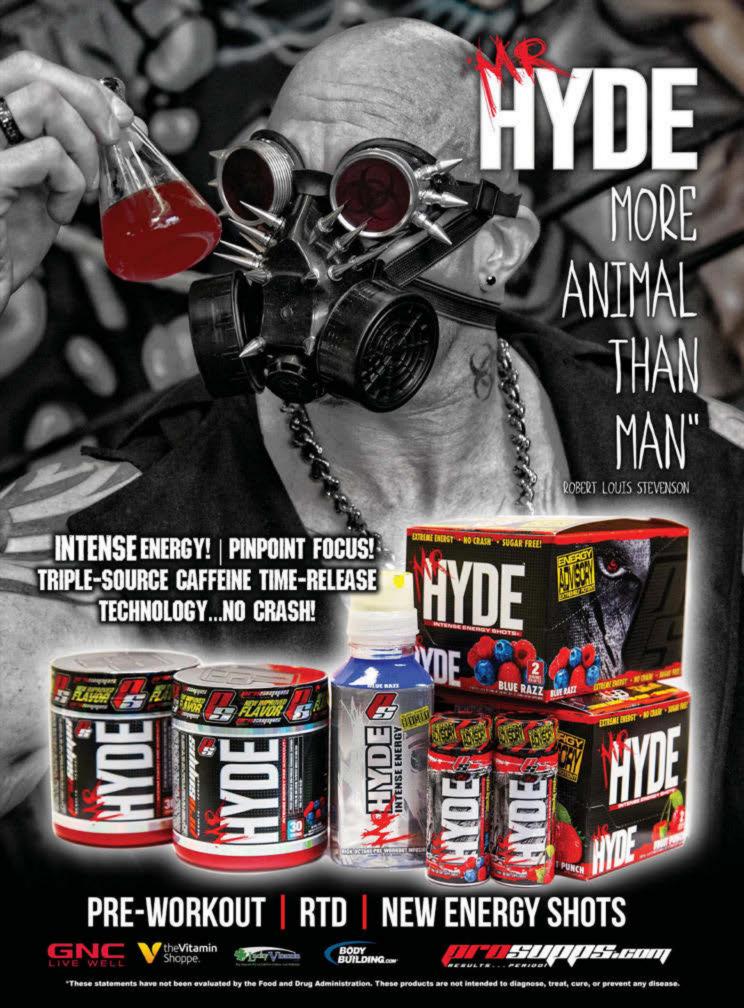


POWER BODYBUILDING

EXERCISE	SETS	REPS
Leg Extension*	4	12
Squat	7	4
Leg Press	4	8-15
Hack Squat Machine	4	10
Leg Curl	4-6	8-12

^{*}Performed as warmup

Follow Mike O'Hearn on Twitter and Instagram @mikeohearn and visit his site: mikeohearn.com.



THE ULTIMATE FAST-FOOD SURVIVAL GUIDE

We left no stone unturned in our search for the 17 best pre- and post-workout meals from fast-food joints and chain restaurants across the country. Read on and fuel up—wherever you are.

BY ADAM BIBLE PHOTOGRAPHS BY KEVIN VAN AELST

HE PAGES OF

Muscle &
Fitness are
always packed
full of monster
training tips,
superclean eat-

ing advice, and delicious recipes that are loaded with nutrient-dense ingredients—in a perfect world, all guidelines, tricks, and information that'll keep your muscles pumped and your waist trim. Unfortunately, the reality is that getting (and staying) ripped requires a huge commitment of time and resources that we don't always have at our disposal. Our world is filled with distractions that pull us away from clean eating, consistent workouts, and on-point discipline.

We understand that as well as anyone, and we like to take a step back every now and then to explore how to keep your diet and training goals in line with the fast-food options that are out there and

tempting us every single day.

Every corner and strip mall in America is loaded with fast-food joints pulsing out cravings that call to us, a siren song of slop that can sometimes cause even the most disciplined guy to break down and stop for a convenient—and greasy—snack. And it's usually not even that we can't control the yearnings for fast-food fare, as once you commit to a diet of whole, clean, and fresh foods, the hankerings for fatty ones quickly dissipates.

It's really more about the ease of a drive-thru or quick stop in a culture that demands more and more of our time. So we consulted with nutritionists and dietitians

and scoured lists upon lists of nutrition info on countless websites to come up with a guide to getting the most out of fast-food joints. This year we found the 17 best options for picking up quick preand post-workout meals that can provide you with the macros you need to stay on target. Eating well on the go is possible if you know what you're looking for.

"Good options for both meals will include a combination of healthy carbohydrates, lean protein, and a bit of healthy fats," says Heather R. Mangieri, R.D., C.S.S.D., spokesperson for the Academy of Nutrition and Dietetics and a board-certified specialist in sports nutrition in Pittsburgh, PA.

Food prep requires time that we don't always have at our disposal.





Fill the Tank

HEN FUELING for a workout, start

with a balanced meal that includes high-quality carbohydrates and lean protein with a ratio of carbs to protein somewhere between 2-to-1 and 1-to-1, with carbs being the main focus. "Pre-workout meals should include a combination of healthy carbohydrates, such as fruits, vegetables, and whole grains, and a serving of lean protein, such as low-fat dairy, eggs, chicken, or fish," Mangieri says. You need a meal that is going to give you sustained energy to keep you going through a workout but that will also reduce hunger pangs. "You'll also want to steer clear of foods that can cause gastrointestinal distress such as fatty foods, along with refined carbohydrates that can cause

your blood sugar to bottom out during your workout," says Tanya Zuckerbrot, R.D., a registered dietitian in New York City and creator of *The F-Factor* Diet. "An ideal snack consists of complex carbohydrates your muscle's main energy source—plus a little protein for sustained energy."

If you are going to eat a larger meal, make sure you consume it three to four hours before working out and stick with 45 to 60 grams of carbohydrates and 30 to 40 grams of protein. "Those trying to squeeze their workout into a hectic day can get away with a smaller meal of 30 to 45 grams of carbs and 20 to 30 grams of protein 60 to 90 minutes before hitting the gym," says Jessica Cording, R.D., C.D.N., a registered dietitian and owner of jessicacordingnutrition.com.

Pre-workout Meals

Here you'll find a range of options that offer a moderate amount of carbs, protein, and healthy fats—whether you want a whole meal or a light snack (or just a shot of caffeine). No matter what kind of diet you're on, you can't derail it with one of these nine preworkout options.

CHIPOTLE MEXICAN GRILL

Burrito Bowl with brown rice, chicken, lettuce, and fresh tomato salsa



CALORIES PROTEIN CARBS

DUNKIN' DONUTS

Egg White Veggie Flatbread



280 9_{g} 15g $33_{\rm g}$ CALORIES PROTEIN **CARBS**

JAMBA JUICE

Steel-cut Oatmeal with Fresh Banana



 9_g **48**g CALORIES PROTEIN **CARBS**

McDONALD'S

Yoplait Go-Gurt and Apple Slices



2g **13**g 1_{g} CALORIES PROTEIN CARBS FAT

PANERA BREAD

Roasted Turkey & Avocado BLT



 37_{g} 48g 510 CALORIES PROTEIN **CARBS**

STARBUCKS

Grande Caffe Latte with Nonfat Milk



130 **13**g 19g CALORIES PROTEIN CARBS

SUBWAY

Turkey Breast Kids Meal (small sandwich on whole-grain bread, apple slices, and small bottle of milk)



180 10_g 30gCALORIES PROTEIN

STARBUCKS

Ham & Swiss Panini



340 23_g **42**g 10g CALORIES PROTEIN **CARBS** FAT

TACO BELL

Fresco Chicken Soft Taco



140 16g 4_{g} **10**g CALORIES PROTEIN CARBS



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Replenish the Reserves

N INTENSE WORK-

out will deplete the body of glycogen—the readily available fuel stored in your liver and mus-

cles—so it's important to build those stores back up by eating enough carbs after training. "A meal that contains fiber-rich vegetables will fill you up on relatively few calories, while replenishing glycogen," Zuckerbrot says.

Eating protein as part of that meal will also help jump-start muscle tissue repair. "Ideally, a recovery meal should be consumed within two hours postworkout. A 3-to-1 ratio of carbsto-protein can help maximize protein uptake and glycogen repletion," Cording says.

If you're not planning a second workout for the day, it's not critical to get a meal in right away.

"Recovery nutrition is often overemphasized," Mangieri says. "It is not necessary to hurry up and get the muscles replenished immediately."

Perhaps more important, never forget to keep your water bottle full while you train and afterward: "Drinking enough water during and post-workout is important because dehydration can mimic hunger and lead to overeating," Zuckerbrot says.



Stealthy **Fast-Food Fatteners**

They sound innocuous enough, but don't let a tame name fool you. These four nutritional nightmares will wreck your diet in a hurry.

TACO BELL

Sausage A.M. Crunchwrap



710 ALORIES	21g PROTEIN
51 g	46 g FAT

QUIZNOS

Large Mesquite Chicken Sub



1,290 CALORIES	82g PROTEIN
103g	60 g
CARBS	FAT

SUBWAY

12-inch Chicken & Bacon Ranch Melt



1,140 CALORIES	70 g PROTEIN
94 g	56 g
CARBS	FAT

Chicken Pot Pie



790	29g
CALORIES	PROTEIN
66g	45 g
CARBS	FAT



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- Tastes amazing and mixes instantly



"Subjects combining the core ingredients in MuscleTech® Premium Whey Protein Plus (creatine and whey protein) with a weight-training program gained 70% more lean muscle than subjects using regular whey protein (8.8 vs. 5.1 lbs.). Read label before use. © 2015



The Worst of the Worst

From a burger with 95 grams of fat to a shake with a day's worth of calories, these diet bombs need to be avoided at all costs.

HARDEE'S/ CARL'S JR. 2/3 lb Monster Thickburger

1,330 CALORIES	58 g PROTEIN
51 g	95 g
CARBS	FAT

BURGER KING Triple Whopper Sandwich





Post-workout Meals



AU BON PAIN

580

ou have a little more dietary leeway in the post-workout window than you do at other times of the day. When your muscles are exhausted—and depleted of glycogen—they can more readily absorb the carbs you ingest. In the postworkout window, carbs are more likely to be converted

to glycogen than they are to become fat. Hence, several sandwich options (from Panera, Starbucks, and Dunkin' Donuts) served on white bread. If you're trying to lean out, stick to the cleaner options.

Turkey Sausage, Egg White, &

400	16g	50 g	11 g
CALORIES	PROTEIN	CARBS	FAT
CALURIES	PRUTEIN	CARBS	FAI

PANERA BREAD

400

Spinach Breakfast Power Sandwich

400 CALORIES	16g	50g	11 g
	PROTEIN	CARBS	FAT

15g

CALORIES PROTEIN

SONIC SuperSonic Bacon Double

CINNABON

Caramel Pecanbon



Large Peanut Butter

Fudge Master Shake

SONIC

1,240 CALORIES	67 g PROTEIN
44 g CARBS	87 g FAT

14g

PROTEIN

51g FAT

PROTEIN

122g FAT

1,080

CALORIES

146g

STARBUCKS Zesty Chicken & Black Bean Salad Bowl

45g

CARBS

360	19 _g		15 _g
CALORIES	PROTEIN	CARBS	FAT

OUIZNOS SUBWAY Large Italian Double Chicken Chopped Salad Meatball Sub



CHIPOTLE MEXICAN GRILL STARBUCKS Egg & Cheddar Breakfast Sandwich

 $80_{\rm g}$

Burrito Bowl with brown rice, black beans, lettuce, fresh tomato salsa, cheese, and guacamole

Roasted Mayan Chicken Rice Bowl

CALORIES PROTEIN CARBS

675	20g	69g	38 g
CALORIES	PROTEIN	CARBS	FAT

DUNKIN' DONUTS

Ham, Egg & Cheese on an English Muffin

	34g 8g FAT
--	------------

IHOP Simple & Fit Vegetable Omelet

310	27 g	27 g	12 g
CALORIES	PROTEIN	CARBS	FAT

193g CARBS

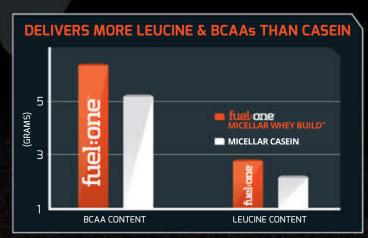
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- 35% higher biological value than micellar casein (BV of 104 vs. 77)
- Higher leucine content and more BCAAs than micellar casein
- 5.5g of BCAAs, plus 4g of glutamine & its precursor
- Long-term anti-catabolic support with a sustained release of amino acids into the bloodstream







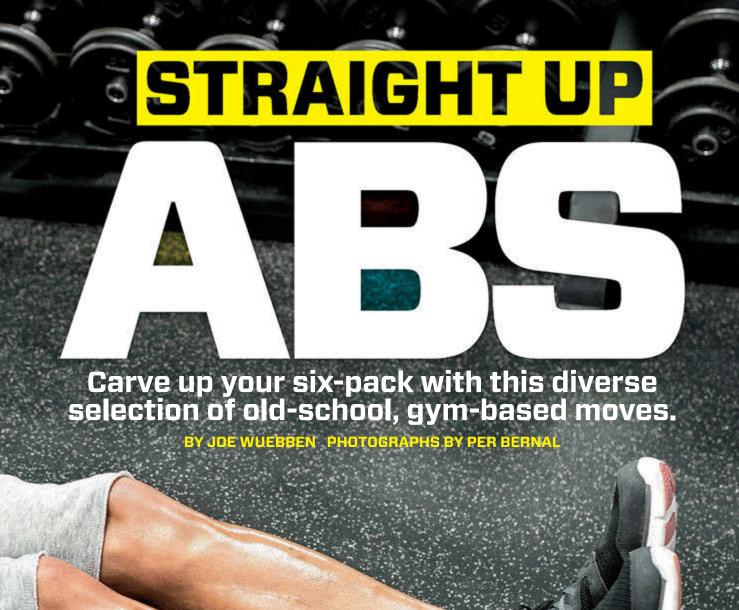












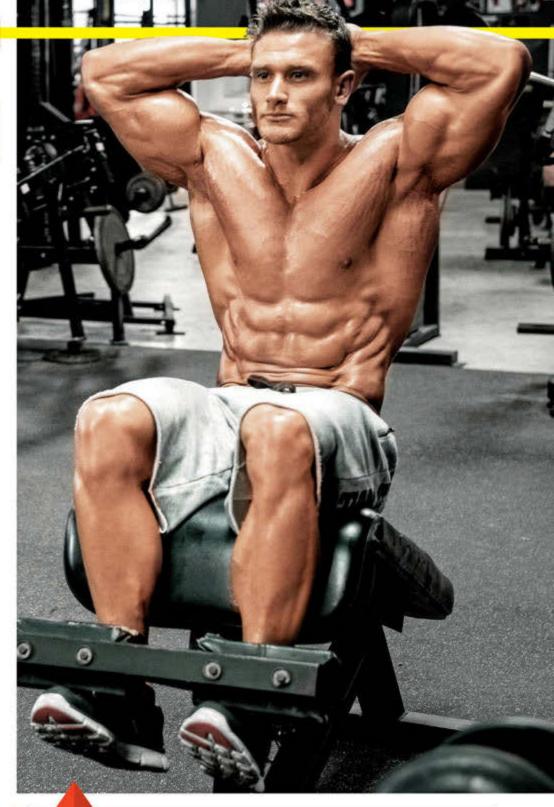


STRAIGHT UP ABS

TECHNICALLY, YOU

don't need any equipment to train abs. Your own body weight and some open floor space <mark>are all it shou</mark>ld take. But that can get old after a while. Not to mention, there are various pieces of gym equipment that are great for making your abdominals work just a bit harder for new gains in strength, shape, and overall core stability. A few of our favorites: a decline bench, a medicine ball, and a Roman chair. These three in particular have been around since the Arnold, Zane, and Draper days, and for good reason.

The following workout isn't one you'll be able to do during commercial breaks of your favorite TV show. Sorry. But we're pretty sure it will be more effective than a typical living room abdominal session. Perform this four-exercise, circuitstyle routine two to three days per week, either on its own, after training larger muscle groups, or before or after a cardio session. Combine it with some HIIT and a clean diet (no equipment required) and your abs will be popping in no time.



DECLINE BENCH SITUP

Keep your hands behind your head throughout the set. If this is too difficult for 20 reps, cross

your arms in front of your chest (the beginner version). If it's too easy, hold a lightweight plate either in front of your chest or at the top of your head (advanced version).

42.1% INCREASE. JUST SAYIN'



12 DAYS. It only took that long for study subjects using the functional compound found in Novex Biotech's TestroVax[™] to experience an average 42.1% increase in their serum testosterone levels. That kind of increase just might make you feel like a teenager again. And what will it make you in the gym? Unstoppable. Stack it with Growth Factor 9 for an increase in natural HGH levels up to 682%. If you're serious about transforming your body, start with the best. Go online to learn more about the science behind the performance!





REVERSE CRUNCH

Focus on crunching your pelvis up and in toward your rib cage. This will maximize the contraction in the abs, specifically the lower portion, even though the range of motion is short.



THE WORKOUT **ABDOMINALS**

DIRECTIONS: Perform the following four exercises as a circuit, doing one set of each with as little rest as possible between moves. Rest 1-2 minutes between each circuit.

EXERCISE	SETS	REPS
Decline Bench Situp	4	20
Reverse Crunch	4	15
Medicine Ball Russian Twist	4	15 per side
Hanging Leg Raise Hold	4	30 sec.

HANGING LEG RAISE HOLD

Start out with a 30-second iso-metric hold per set with your legs roughly parallel with the floor. As your

muscular endurance improves, gradually increase that to 45, then 60 seconds. For a more advanced version,

bring your legs past parallel and hold. Just make sure that most of the tension is on your abs, not just your hip flexors.

THE COUNTDOWN TO S U M E R

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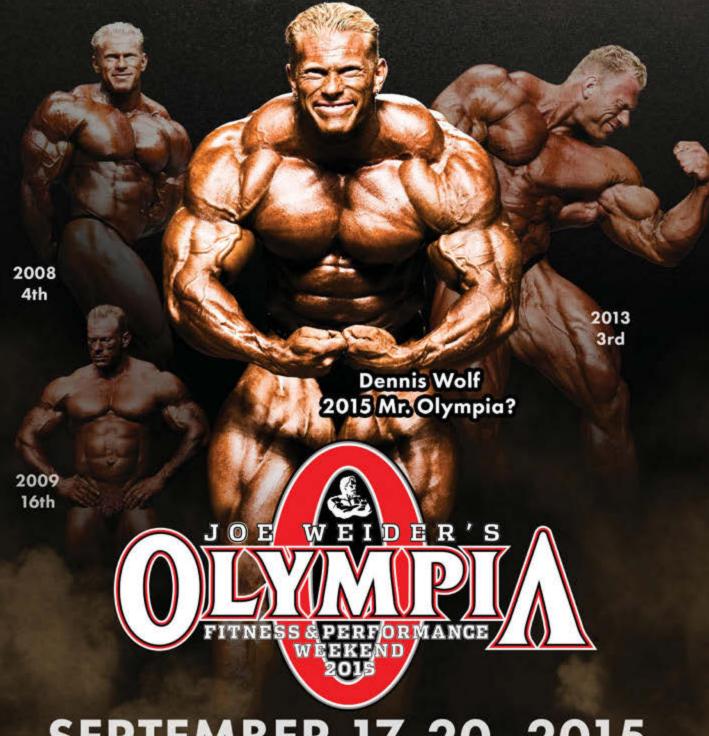
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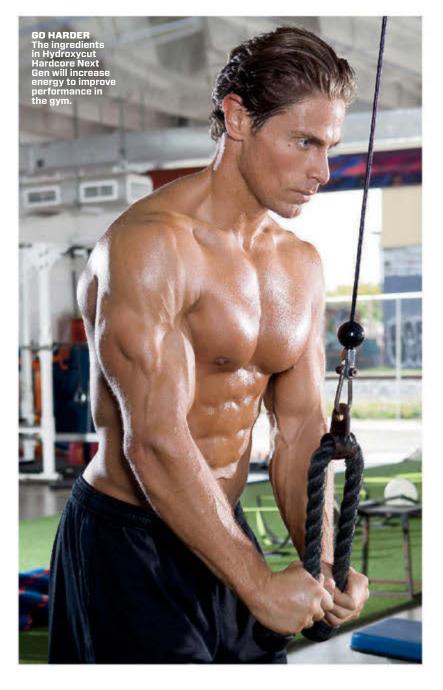
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SUPPLEMENT OF THE MONTH

Hardcore Revolution

MuscleTech designed Hydroxycut Hardcore Next Gen to maximize fat burning and preserve lean muscle. BY ADAM GONZALEZ



HYDROXYCUT HARDCORE NEXT GEN

uses the latest research to redesign what was already one of the most popular fat burners of all time. Unlike some dubious supplement manufacturers. MuscleTech reveals the dosage of each ingredient in its products, rather than list a murky proprietary blend. After all. vou're entitled to know exactly what you're getting. While the product contains many potent fat burners, M&F has called out three to highlight.

GREEN COFFEE-BEAN EXTRACT

Hydroxycut Hardcore Next Gen contains green coffee-bean extract (Coffea canephora robusta), which is a proven fat burner. One study showed that subjects supplementing with this ingredient lost almost 11 pounds in 60 days. Research also shows that green coffee-bean extract boosts fat metabolism in your liver due to a chemical it contains called chlorogenic acid. In addition, it also helps prevent the absorption of dietary fats, helping to stop the accumulation of body fat. Hvdroxycut Hardcore Next Gen contains an optimal dosage of 400mg of green coffee-bean extract blend per two-capsule serving.

CAFFEINE ANHYDROUS

The stimulant—the dry form of caffeine, which has been shown to be more effective for fat loss and strength gains compared with coffee and tea-helps improve energy and pull fat from storage. Each twocapsule dose contains 290mg of

caffeine anhydrous. Caffeine provides many advantages for hard-training individuals who are trying to control or reduce body fat. Among these, caffeine:

- **1) ENCOURAGES YOUR BODY** to release stored fat that it can then use for energy while training.
- **2) BOOSTS YOUR METABOLISM** so you burn more calories throughout the day.
- **3) IMPROVES THE AMOUNT** you're able to lift because it helps reduce perceived pain (and exhaustion).
- **4) HELPS SUPPRESS** appetite while enhancing mood.

COLEUS FORSKOHLII

This herb, used in traditional medicine—and also known as forskolin—can boost testosterone, release stored fat, and increase metabolic rate.

This powerful fat burner, by either name, stimulates your brain to increase the neurotransmitters epinephrine and norepinephrine.

These brain chemicals then encourage your body to release stored fat. In addition, the release of these

hormones also helps increase your metabolic rate, or the amount of calories your body naturally burns each day. The latter is a crucial but little understood element of successful body-fat reduction. Each dose of Hydroxycut Hardcore Next Gen contains an efficacious 100mg.

DOSE YOURSELF

Because individual tolerance for different compounds varies, MuscleTech recommends the following dosing, which you can adapt to your needs. Here's a schedule that you should consider:

- Take one capsule on the first two days.
- Take two capsules as one dose on Days 3 and 4.
- Take two capsules with your first dose and one capsule with a later dose on Days 5 and 6.
- Take two capsules with both your first and second doses on Days 7 and beyond.

For best results, take each dose 30 to 60 minutes before your two largest meals of the day.



MORE REVELATIONS

These additional active ingredients will boost energy levels during workouts, helping you burn off that last layer of body fat to reveal all the gains you've made in the gym.

SUPPLEMENT	AKA	AMOUNT (MG)	
Blue skullcap extract	Scutellaria lateriflora (root)	75	
Yohimbe extract	Pausinystalia yohimbe (bark)	40	
Ophiopogon extract	Ophiopogon japonicus (root)	25	
Guayusa	llex guayusa (leat	f) 20	

THE NEXT GEN IS HERE One of the most widely used fat burners of all time has finally gotten its long-awaited sequel. Learn more at *muscletech.com*.

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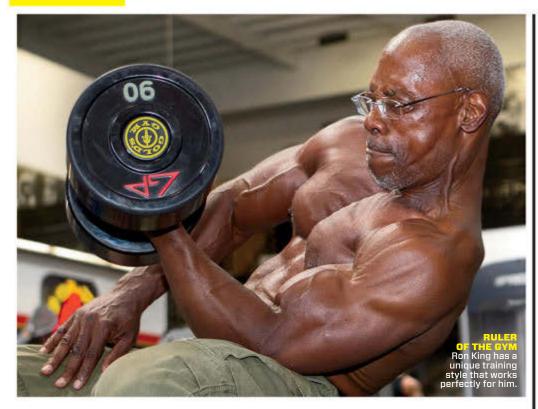
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King and I

RON KING doesn't train with textbook form, but the textbooks weren't written for all of us. BY SHAWN PERINE

ON A RECENT Saturday morning, M&F Training Director Sean Hyson and I were working out at Gold's Gym in Venice, CA, when I pointed out my friend Ron King, who was benching on a Smith machine, Ron, you may recall, was featured in our August 2014 Over-40 column. At 58, he fits safely within the category and probably has the best physique of anyone we've ever featured on that page. Standing maybe 5'7", he can't weigh more than 175 pounds, but every square inch of his frame is sheathed in perfectly hewn muscle. I'd consider my mission accomplished if I

looked like Ron.

"What's he doing?" Sean asked. What was he doing. indeed? Based on a quick glance, it was Smith machine bench presses, but labeling the exercise a press would have been a misnomer. It was more a series of quick, choppy bounces off his chest. Even a novice trainer would label what he was doing as poor form. I turned to Sean, whose expression was a mix of shock and disbelief. "I know," I responded. I'd seen Ron train this way for the seven years Gold's was my home gym.

Ron's form is similar for every exercise. His pullups are short, ballistic thrusts. His dumbbell curls are wild. swinging affairs. In fact, in all the years I've known Ron I've never seen him do a single exercise with what could be considered textbook form. Yet his results are undeniable-the guy looks to be carved from marble.

Does that mean I believe you should train like Ron? No. The form the experts recommend is time-tested to be safe and effective. But I do believe that everyone is built differently and that muscles respond to a wide range of stimuli. The lesson to be learned from Ron King isn't that we should all train like Ron King but that we should each find a training style that best suits us.



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The Gun Show

JOHNATHON SCHAECH relied on suspension training to stay fit while filming the historical miniseries *Texas Rising*.

M&F: Was wearing an oldtimey military uniform while shooting in the desert as much fun as we imagine?

JS: We filmed in Durango, Mexico, where a lot of John Wayne's films were shot—and that's the only good part about the place. It was hell to get in and out of. Sometimes we'd travel two or three hours to get to a location. It wasn't all giggles...and the sun would kick your ass.

Did you have a role in mind when you auditioned?

On the first go-round of auditions I was told I was being considered as a member of the Texas Rangers. But I'm 45 years old with gray in my beard and the Rangers they were looking at were younger. So I put myself on video with various stages of the beard and sent it [to the casting directors]...later I was offered the role of Colonel Sidney

Sherman—a clean-shaven Kentucky military man. Out of all of the characters who fought in the Texas Revolution, the person I played made shaving a daily part of his discipline.

So you had to kill the beard?

I didn't get to keep my beard for Texas Rising and didn't get to show my abs in the movie The Legend of Hercules. There was even a sequence during which I took on Hercules [Kellan Lutz] in a final battle, and I had to keep my armor on. I suggested ways the armor could

come off-like, maybe a bolt of energy hits me and off it goes?

Being in the middle of nowhere filming Texas Rising, how did you train?

The stuff we found [to work out with] was from 25 years ago, and cables had snapped on some of the equipment. The TRX was my saving grace. I'd do the TRX *Texas Rising* Workout, which was a full-body circuit that consisted of one set per body part, 20 reps per exercise. I'd do it three times through, stopping only to catch my breath.

Being in your mid-40s, how has your training shifted?

I use less weight than I used to. But that goes with what Bob Paris said about focusing less on weight and more on how you put blood into a particular muscle that you're working. That's what will make your muscles grow.

> TILLE SERIES Texas Rising

details the Texas Revolution and the rise of the Rangers—the lawmen, not the baseball team.

MICHAEL VOORHEES

PRODUCT SHOWCASE





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ingredient profile, with absolutely
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